

Barwon South West

CAN DO COMMUNITIES PROGRAM GUIDE



Barwon South West
Waste & Resource
Recovery Group

reduce.recycle.

THANK YOU

Can Do Communities is Funded by the Barwon South West Local Government Program.



Thank you to Grampians Central West Waste and Resource Recovery Group for leading the way on Can Do Communities and allowing us to adapt the program for the Barwon South West region.

Thank you to the Barwon South West community for permission to use your photographs.



CONTENTS

Introduction	4
Can Do Community Events	5
Plastic Wise Communities	6
Boomerang Bags	7
‘War on Waste’ Community Groups	8
Litter Champions	9
Repair Cafes	10
Turn Your Trash into Cash Days	11
Community Gardens	12
Share your Spare	13
Love Food Hate Waste	14
Transition Streets & Towns	15



INTRODUCTION

Can Do Communities: empowering communities through waste reduction and recycling projects.

"Be the change you want to see in the world." Anon.

Barwon South West Waste and Resource Recovery Group (BSWWRRG) recognises the immense contribution that individual volunteers and community groups make to rural and regional communities, environments and economies.

Inspired by all the amazing work our community is already doing, and by the Grampians Central West Waste and Resource Recovery Group's Can Do Communities program, we have developed a Can Do Communities program and produced this guide to outline the ways that BSWWRRG can support the waste reduction, reuse and recycling projects being led by the community across the region.

The Can Do Communities program is designed to support any community group undertaking waste reduction, repair, repurpose or recycling activities within the Barwon South West region.

It outlines the ways BSWWRRG can support:

- Can Do Community Events
- Plastic Free Communities
- Boomerang Bags Groups
- War on Waste Groups
- Litter Champions
- Repair Cafés
- Turn Your Trash into Cash Days
- Community Gardens
- Share Your Spare produce swaps and carts
- Love Food Hate Waste Activities
- Transition Streets & Towns

The Can Do Communities Program Guide should be read in conjunction with the Can Do Communities Small Grants Application Guidelines which can be downloaded from www.reduce-recycle.com.au or accessed by contacting the Barwon South West Waste and Resource Recovery Group's Education Officer.

Web: www.reduce-recycle.com.au

Email: info@bswwrrg.vic.gov.au

Phone: 03 5223 2622





CAN DO COMMUNITY EVENTS

BSWWRRG is working to empower our community to run activities that address a specific waste reduction, reuse, repurpose or recycling issue in the community.

Our goal is to support the community to build long lasting skills and networks that will help us all to reduce the amount of materials going to landfill by increasing re-use, repair and repurposing.

Can Do Community Events may be linked to nationally significant days or events such as Clean Up Australia Day, National Op Shop Week or Plastic Free July activities, or they can be an activity or event run at another time, such as an educational movie screening.

BSWWRRG can help you with:

- *A Can Do Communities small grant towards the cost of running an eligible activity*
- *Identifying other potential funding sources and assisting you to apply for other grants*
- *Provide advice and ideas for your event*





PLASTIC WISE COMMUNITIES

Plastic Wise Communities are actively seeking ways to reduce single use plastics in day to day life, such as shopping bags, cups, straws, cutlery, crockery, cling wrap and food packaging.

There are often barriers to overcome when switching from single use plastics to reusable items, such as rules that retailers may have in place. Plastic Wise Communities work on breaking down the barriers and helping their community to adopt reusable alternatives to single use plastics. This could include activities such as talking to retailers about swapping single use plastics for reusable alternatives, coming up with fun ways to help the community to choose reusable options such as installing a mug wall in a local café, or going the extra mile and starting a bulk buying community food co-op to source low or no packaging food.

Plastic Free July has some great resources to help you on your Plastic Wise journey www.plasticfreejuly.org

BSWWRRG can help you with:

- *Information on how to organise your Plastic Wise group*
- *Linking with existing groups*
- *Information on starting a bulk buying community food co-op*
- *Facilitating a start-up meeting with your community members*
- *A Can Do Communities small grant towards the cost of running an eligible activity*
- *Media release templates*
- *Information and ideas on how to reduce single use plastics*





BOOMERANG BAGS



Boomerang Bags is a grassroots, community movement tackling plastic pollution at its source.

Volunteers from all walks of life get together to make re-useable 'boomerang bags'. The bags are often made from fabric remnants or scraps, providing a sustainable alternative to plastic bags.

Originally, the bags were intended to be used and returned to the lender, hence the name 'Boomerang'. Now, bags may be given away to anyone who needs one or sold as a plastic bag alternative that can be used and reused or passed on to others.

The bags act as conversation starters, resulting in people starting friendships, up-cycling materials and creating a shift in our thinking towards a more sustainable one, focused on re-use. One community, one needle and one thread at a time!

Visit www.boomerangbags.org for group contact details or to start a group in your neighbourhood.

BSWWRRG can help you with:

- *Information on how to organise your group*
- *Linking with existing groups*
- *Facilitating a start-up meeting with your community members*
- *A Can Do Communities small grant towards costs such as printing screens, ink and calico for the bag pockets*
- *Media release templates*



WAR ON WASTE COMMUNITY GROUPS

Shocked by the 2017 ABC documentary series War on Waste, people from across the Barwon South West region sprang into action to address waste issues in their homes, businesses and community.

Are you ready to wage your own War on Waste?

War on Waste groups organise and run a wide range of waste reduction activities.

Bin audits, reusable coffee cup campaigns, art exhibitions featuring re-used materials, workshops on everything from up-cycling clothes to making beeswax wraps, litter clean-ups, bulk food purchases and food swaps, campaigning and lobbying for change - the War on Waste possibilities are endless!

It's up to you to decide what your War on Waste Community Group will do.

You'll find loads of resources at:

www.abc.net.au/ourfocus/waronwaste and
www.goodforthehood.com.au

BSWWRRG can help you with:

- *Information on how to organise your group*
- *Linking with existing groups*
- *Facilitating a start-up meeting with your community members*
- *Media release templates and promotion*
- *A Can Do Communities small grant towards the cost or running an eligible activity*
- *Information and ideas on waste reduction activities*





LITTER CHAMPIONS

If litter on land or sea gets you hot under the collar, then Litter Champions is your thing!

Litter reduction has a long history in Australia with Clean Up Australia, Keep Australia Beautiful, Tangaroa Blue Foundation and Surfrider Foundation Australia. Along with Victorian organisations Beach Patrol and Keep Victoria Beautiful, they help everyday Australians address litter in our environment.

Litter Champions do litter clean-ups, collect data and work to stop litter at the source through source reduction plans.

You can find an activity or group near you, resources to help you organise activities or support to start a group by visiting the following websites:

Clean Up Australia www.cleanup.org.au

Keep Australia Beautiful www.kab.org.au

Tangaroa Blue Foundation www.tangaroablue.org

Surfriders Foundation Australia www.surfrider.org.au

Beach Patrol www.beachpatrol.com.au

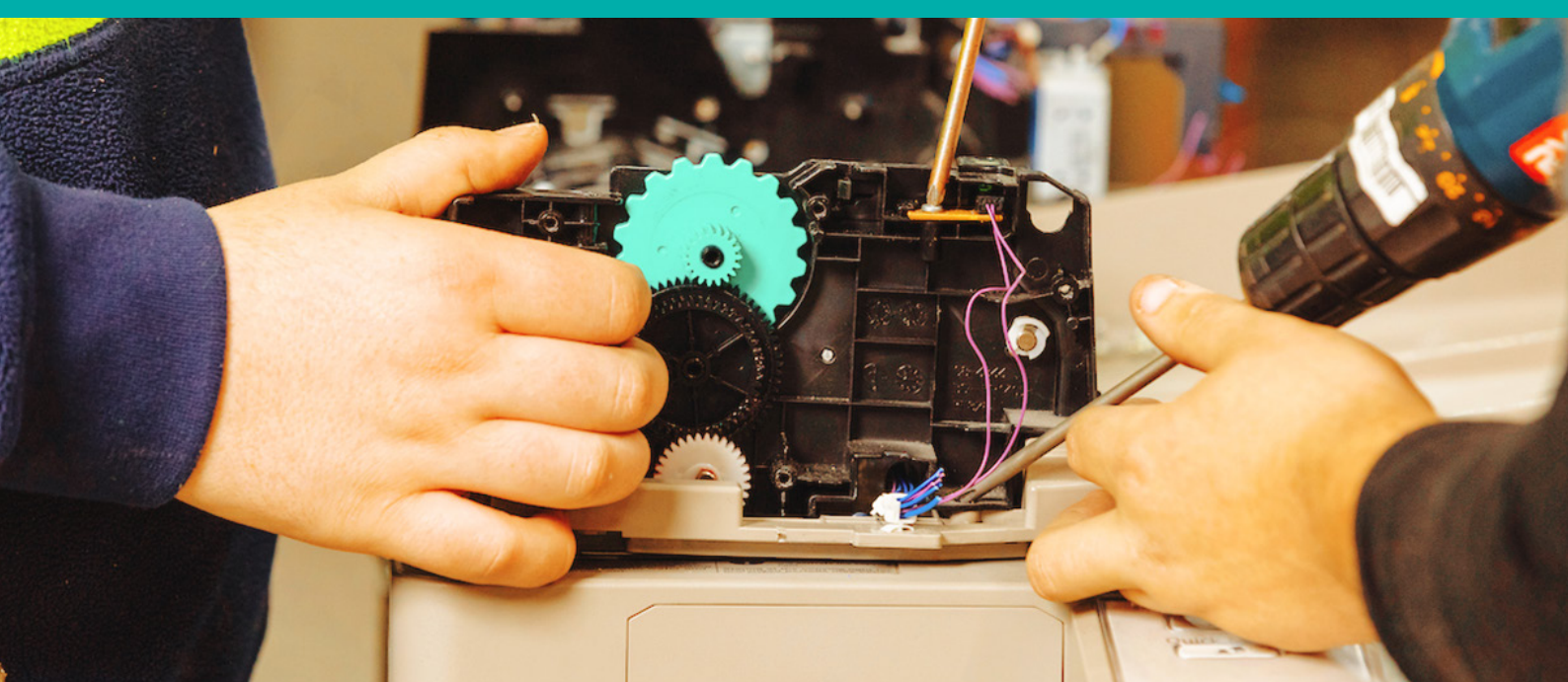
Keep Victoria Beautiful www.kvb.org.au



BSWWRRG can help you with:

- *Information on how to organise your group*
- *Linking with existing groups*
- *Facilitating a start-up meeting with your community members*
- *Information and apps to help you collect data*
- *Media release templates and promotion*
- *A Can Do Communities small grant towards an eligible activity or equipment*





REPAIR CAFES



Toss it? No way!

Isn't it frustrating when appliances and household goods break down or stop working? Wouldn't it be great to get some more wear out of that loved piece of clothing?

Repair Cafes bring together those in the know, with those willing to learn the art of repair.

There are now several Repair Cafes in the Barwon South West region and whispers of more to come. Repair Cafes are where you can take household items to be repaired by someone in your community. You can connect with your community, learn new skills and have a go at some repairs yourself or have a volunteer do the repair for you.

Check out the Repair Café Foundation at www.repaircafe.org/en for further information and resources.

BSWWRRG can help you with:

- *Facilitating a start-up meeting with your community members*
- *Linking with existing groups*
- *Media release templates and promotion*
- *A Can Do Communities small grant to help with start-up costs including the Repair Café Starter Kit*





TURN YOUR TRASH INTO CASH DAYS



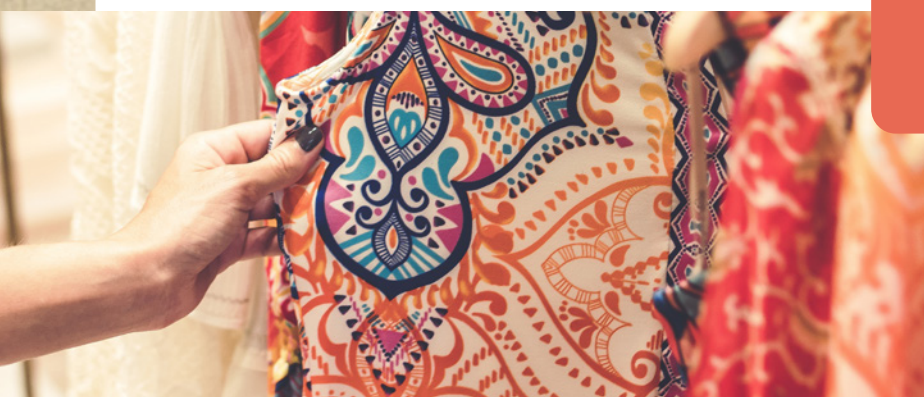
Community garage sales are a great way to exchange items and keep them in use.

We all love to grab a bargain and whether it's the local school fete, community market or a private garage sale, there are bargains to be had everywhere. We inevitably end up with 'stuff' stored in our cupboards, sheds and garages which we no longer need.

A community garage sale is a great way to help everyone declutter and re-purpose useful goods. A single centrally located event, or individual garage sales held on the same day – whatever suits your community!

BSWWRRG can help you with:

- *Promoting the event by providing the media release templates*
- *Linking with existing groups*
- *A Can Do Communities small grant to assist with running your event, such as providing a seller's pack to everyone who wants to sell their unwanted items which may include signs, price tags and flyers.*





COMMUNITY GARDENS



Community Gardens are a great way to connect with your community while learning valuable skills.

Lots of community gardens have composting and worm farming facilities and are a great place to learn from an experienced local.

Diverting organic waste from landfill to gardens via compost, worm farms or even bokashi buckets can help feed your garden and reduce the amount of greenhouse gasses released when organic waste is sent to landfill.

With so many established community gardens across the Barwon South West region, there is bound to be one in your neighbourhood.

Register your community garden here to help others find you: <http://directory.communitygarden.org.au/>

BSWWRRG can help you with:

- *A Can Do Communities small grant to run a workshop on composting, worm farming or another eligible food or garden organics waste reduction activity such as setting up a community heap*
- *Linking with existing groups*
- *Information on composting and worm farming*
- *Media releases templates and promotion*



SHARE YOUR SPARE



Sharing excess homegrown produce so it doesn't go to waste.

Too many lemons, zucchinis or cucumbers? If you love growing fruit and vegetables, you'll know that sometimes the bounty is more than you can possibly eat. Share Your Spare is about sharing your excess homegrown produce so that it doesn't go to waste and encouraging others to grow their own by sharing cuttings, plants and seeds.

BSWWRRG can help you with:

- Promoting events by providing media release templates
- A Can Do Communities small grant to help you start a produce swap meeting or cart

Or, you might like to start a produce swap event?

The difference is that everyone meets at a designated time and place to swap food, seeds, flowers plants and cutting. There are no leftovers – everything is either taken home or donated.

Visit Local Harvest www.localharvest.org.au to register your produce swap events

Visit Ripe Near Me www.ripenear.me to find local growers or register excess produce to sell, swap or donate online.

Any community can start a Share your Spare and the recipe is simple:

1. Find people who are passionate about growing their own produce
2. Seek a location where food can be stored safely on a produce cart and is well monitored
3. Invite growers to provide their surplus home-grown food to be shared.





LOVE FOOD HATE WASTE



Food waste program adapted for our region.

Pickle Parties, Preserving, Jamming and Getting Saucy activities. These are just a few of the food inspired community activities to save food. How would your community like to solve the food waste challenge?

Love Food Hate Waste (LFHW) is an international food waste program that we have adapted for our region with the assistance of Sustainability Victoria.

Each week our garbage bins contain a large amount of food waste. Some of this was never meant to be eaten, like orange peels and tea bags, but much of it can be avoided. On average, 25% of the contents of our garbage bins are made up of avoidable food waste – food that was purchased with the intention of being eaten but was discarded instead.

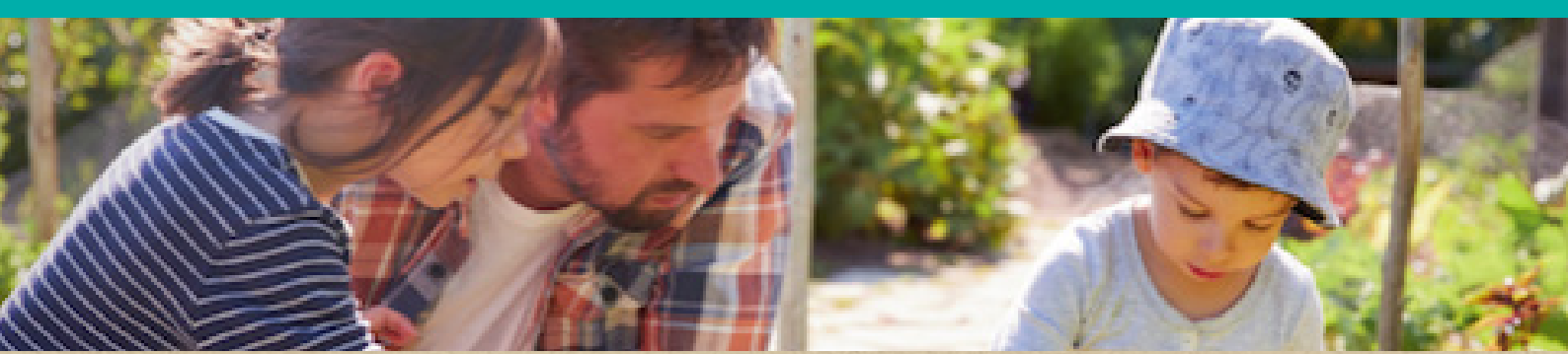
Reducing food waste benefits our environment and can also save households money – Victorian households estimate that they throw away up to \$2,200 a year in wasted food (Sustainability Victoria, 2014).

You can find great resources to help reduce food waste, such as recipes and meal planners at www.lovefoodhatewaste.vic.gov.au

BSWRRG can assist groups that want to organise a Love Food Hate Waste event by providing you with:

- *A Can Do Communities small grant to engage an experienced presenter for your workshop*
- *Love Food Hate Waste recipes, tips and hints*
- *Media release templates and promotion*





TRANSITION STREETS & TOWNS

A movement of communities coming together to reimagine and rebuild our world.



Locally, Transition Streets brings neighbours together to explore how they can reduce their environmental impact while building a more connected neighbourhood. They look at water, energy, food, transport, consumption and waste. Their activities includes things like, growing and cooking food together, building neighbourhood compost heaps and cycling together.

“Transition is a movement that has been growing since 2005. It is about communities stepping up to address the big challenges they face by starting local. By coming together, they are able to crowd-source solutions. They seek to nurture a caring culture, one focused on supporting each other, both as groups or as wider communities.

In practice, they are reclaiming the economy, sparking entrepreneurship, reimagining work, reskilling themselves and weaving webs of connection and support. It’s an approach that has spread now to over 50 countries, in thousands of groups: in towns, villages, cities, Universities, schools.”
(Transition Network website)

BSWWRRG can assist you with:

- *An electronic copy of the Transition Street manual*
- *Linking with existing groups*
- *A Can Do Communities small grant to fund a workshop that leads to waste reduction and or improved recycling behaviours*

Visit <http://transitionstreetsgeelong.org/local-groups/> to find a street near you in Geelong.

Visit www.transitionnetwork.org and the new Australian site at www.transitionaustralia.net for further information and to find your closest Transition Street or Town.



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