



SOUTH COAST ENVIRONMENT SOCIETY

LIVING *Lightly*

The Living Lightly workshop series is aimed at inspiring you to have a smaller footprint on the Earth and to save money.

www.sces.org.nz



MAKE YOUR OWN SKIN CARE PRODUCTS

In this fun practical workshop you will make **lip balms**, **moisturisers**, **cleansers**, **face packs** and more; all out of natural and usually edible products. You will get a skin care recipe book to take home and will learn why natural skin care is so good for you. (+\$5 for materials).

LOW COST FAMILY ACTIVITIES & GAMES

There are so many great family games and activities that are almost free and are just as much fun as the modern expensive ones that have only appeared in our shops in the last fifty years. Teach your family these wonderful timeless games that your children can pass on to their children. You will get a free ideas sheet to take home.

SHOPPING WITH THE EARTH IN MIND

Over the last 50 years we have changed our shopping habits mainly due to clever advertising. It is time to make better choices: **Buy real food, buy local and buy quality products** that will last. Aim for products that are healthier, cheaper and kinder on the earth. This workshop will inspire you to shop with a difference and you will get a handout to help you choose wisely.

MAKE NATURAL HOUSEHOLD CLEANERS

You will learn to make all your household cleaners out of simple natural ingredients. It is fun and easy and saves you money and at the same time reduces plastic waste. **You get a free A3 poster with all the recipes.**

GIFT IDEAS THAT DON'T COST THE EARTH

Gifts can be a big expense if you go and buy something; but did you know that often the **most appreciated gifts are handmade, home grown** or a **gift of time** that costs so much less. You will get lots of inspiring ideas from this workshop and take home the gifts you make.



You will also get attractive time vouchers to fill in.

GREAT TIPS TO SAVE ENERGY AND STILL KEEP YOUR HOUSE WARM

Electricity is one of our biggest monthly bills so learn these **ten simple** and **inexpensive** ways to keep your home warmer and save money. You will also learn tips about what to look for when buying appliances and **get a tick list** to use when choosing an energy efficient house to rent / buy.



OLD-FASHIONED TIPS TO GET & STAY HEALTHY

There are **ten important things** to do to get and stay healthy that modern society has largely forgotten. In this workshop we will share these free healthy habits and also give you handouts and worksheets to make it easy for you to make these changes, for yourself and with your family. You will also get tips on treating minor ailments at home with old fashioned health remedies.



DON'T THROW IT AWAY

You can make it into something useful!

We will show a slide show on creative ways people around the world turn waste items and waste products into something useful. We will share ideas for NZ's most common throw away items. You will get a **free handout with 100 uses for common everyday items** to share with your family and friends.

THREE SUPER HEROES



Baking soda, washing soda, white vinegar! These three inexpensive and amazingly useful ingredients, between them, have over 100 uses. These range from: **stopping insect bites itching** to **cleaning greasy concrete**; from **replacing water softener** to **deodorising shoes**. You will get three comprehensive fact sheets to take home.

LOTS OF WAYS TO GET AROUND TRAVEL COSTS

You will learn ways to reduce your petrol costs and different ways of getting around. We will share ideas on how to set up a **car pool**; how to **share shopping** and tips for **shopping from home**, in this inspiring workshop. There are co-operative ways to get the services you all need to come to your community.

ABOUT OUR TUTORS

Our tutors have long experience in using these simple skills. They share the ways you can also save money by living more simply.

DETAILS

Single workshops take one and a half hours; The cost is \$15pp (per workshop). Minimum numbers required to run a workshop. Bookings for groups can be made by arrangement. Please note: a 25% discount applies for community service card holders.

THANK YOU TO OUR MAIN SUPPORTERS

Community Trust South 

 **Environment Hubs Aotearoa**

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