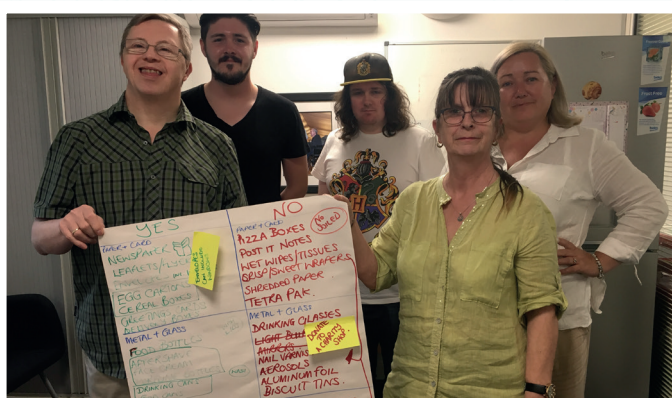
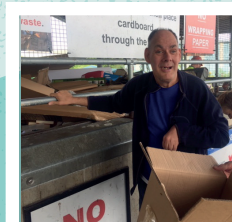
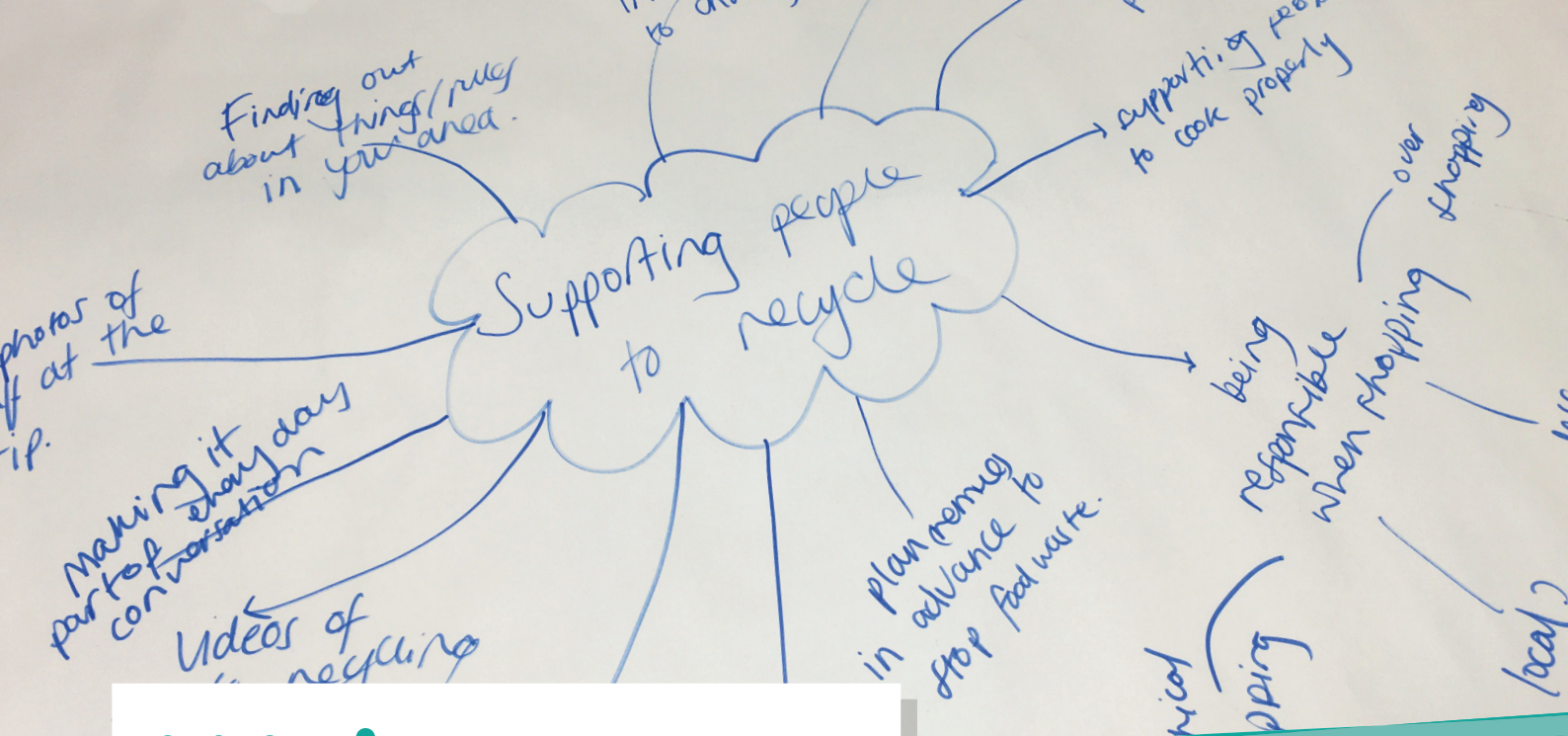


An accessible guide to recycling





Welcome to our guide!



Recycling is important to the planet and our communities. We believe that people who have care and support needs should have the same rights as anyone else to reuse, reduce and recycle.

The care sector supports over 800,000 people across the UK. However, in many services people with support needs aren't enabled to recycle. Traditional recycling campaigns are sometimes inaccessible to people with disabilities too.

We want everyone to feel empowered and understand the difference they can make to our planet by taking part in this activity.

This guide is part of a ground-breaking project led by Community Integrated Care, which has seen us employ, train and develop people we support as expert 'Waste Prevention Champions'.

This document distills their insight. We hope that it is a fun and accessible guide that can be used by anyone.

What can be recycled varies from community to community. Whilst this guide specifically focuses on recycling options in the Liverpool City Region - Halton, Knowsley, Liverpool, St Helens, Sefton and Wirral - the key principals to this guide apply in other communities across the UK.

You can find out more about what you can recycle in your own community by searching on Google, 'Recycling' and the name of your town.

Community Integrated Care would like to thank the **Merseyside Recycling and Waste Authority (MRWA)** and **Veolia Community Fund**, who have funded this project.

We hope this encourages more of the people we support to recycle and to take part in an activity which is so important in society.

How to use this guide



✓ Talk to people about why they should recycle

✓ Introduce the steps involved for people to successfully recycle

✓ Inform people what happens to their materials when they are recycled

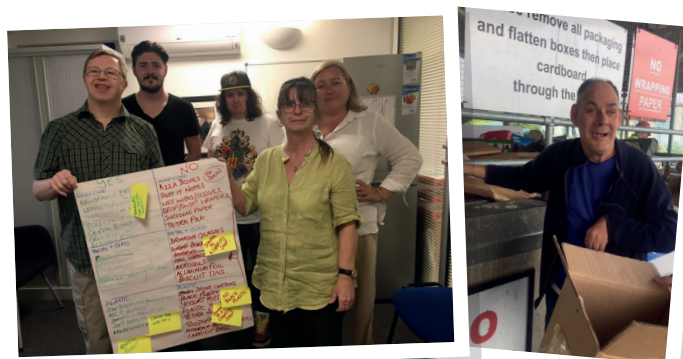
✓ Use pages 4-7 of this guide as accessible prompts to explain recycling options

Meet our team



John Cresswell – Waste Prevention Champion

John has been employed by Community Integrated Care to support our services across the Liverpool City Region to recycle and become more sustainable. John loves the environment and has been sharing his knowledge by delivering recycling workshops to people across the care and charity sector.



Simon, John and Brian – Waste Prevention Volunteers

Simon, John and Brian love their local communities, so they signed up as volunteer recycling champions. As Waste Prevention Volunteers, they've helped to educate many people and enjoyed developing this guide.

How can people be supported to recycle?

In our workshops, we spent a lot of time thinking about how best to enable people with support needs to become invested in recycling activities.

These top tips have been devised by our Recycling Champions. They will help you to make recycling a fun and important part of people's daily routines.



Make the environment part of everyday conversation

Recycling protects our planet. Discuss this with the people you support as a family or staff team and explain the reasons why recycling is important.

You could mention:

- Recycling helps us to make our communities (and planet!) a great place to live
- Recycling helps us have clean and fresh air
- Recycling helps protect nature and wildlife
- Recycling means that we don't waste things
- Recycling turns old waste in to new and better things



Let the person know how and what to recycle

An obvious but important one! Make sure that the people you support know how and what to recycle in their local area. Tell them about their local recycling options, including curbside collections and recycling points.

Our easy read guide on pages 4-7 will help with this but remember sometimes recycling can change from community to community. To understand what you can recycle in your community, visit www.recyclenow.com/local-recycling



Build recycling into support routines

If the person you support wants to get involved in recycling, consider how you can build it into their support plans. Empower them to get as involved as they want and let them know the difference that they are making.

Hands on activities such as sorting through clean recycling can be a fun activity for the people you support.



Celebrate success!

Recycling can be fun. Help the people you support celebrate their recycling goals by marking them as wins! Let them know the great things that their recycling can be turned into.

Paper and Card

Follow this easy read guide to ensure you're recycling the right types of paper and card. Remember, the paper and card you recycle must be clean and dry!

Yes please!



Newspaper



Leaflets & flyers



Greetings cards



Cereal boxes



Egg cartons



Delivery boxes



Pizza boxes

"Paper and card must be cleaned - no grease marks!"



Envelopes

"Include the windows"

John's top tips



No thanks!



Sticky notes

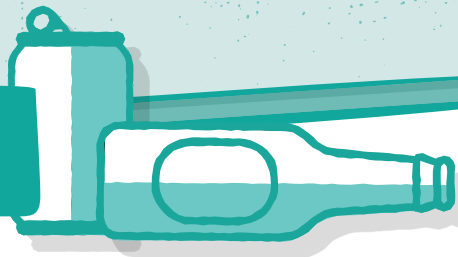


Wet wipes & tissues



Shredded paper

Metal and Glass



Metal and glass can be melted down and made into hundreds of new items. This page shows you what types of metal and glass items can be recycled.

Yes please!



Food bottles



Food cans



Drinking cans



Deodorant cans & other aerosols



Perfume & aftershave bottles



Aluminum foil

Brian's top tip



"Ensure bottles are washed and have the lids on!"

No thanks!



Nail varnish bottles



Biscuit tins



Light bulbs



Drinking glasses

"Why not donate old items to a charity shop?"



John's top tip

Plastics



Plastic takes a long time to break down – sometimes over 500 years! Ensure you're recycling as many plastic items as you can by using this page as a guide.

Yes please!



Soap dispensers



Milk bottles



Shampoo & shower gel bottles



Drinks bottles



Mouthwash bottles

No thanks!



Food & drink cartons



Black plastic



Carrier bags



Plastic toys



Medicine blister packs

Simon's top tip



"Pumps from bottles are not recyclable, make sure you remove these first!"



Other Items



On this page you'll find many more items that can be recycled in your community. Some might even surprise you!

Yes please!



Electricals



Take these to your local recycling centre or if they are in good condition, donate to a charity shop.

Household items



Donate other household items to a charity shop or see if your friends and family would like them!

Clothing



Take your old clothes to a charity shop. They can also be donated to clothing & textile banks – you'll often find these in supermarkets and local car parks.

Special items



All these items can be recycled but need to be taken to a special recycling centre or collection point. For more information search on Google with the name of your town and the type of item that you want to recycle.

Reduce and Reuse!

Recycling is brilliant, but we can make an even bigger difference if we try to make the most of the items that we already have.

This is called reducing and reusing.

Reducing

Reducing means making less waste or rubbish. We can do this by being careful about what we buy and use.

Examples of reducing:

- Reduce food waste by freezing meals
- Using a refillable water bottle
- Using rechargeable batteries
- Printing less
- Using bags for life when shopping
- Reusing packaging and boxes

Top tip

When shopping, please try to buy less things that can only be used once. These are called single use items.

Reusing

Before you throw something away think about how you can use it again.

Examples of reusing:

- Keep your old carrier bags for next time you go shopping
- Wash out jars and pots and use them as small containers
- Keep scrap paper for arts or notes
- Keep bubble wrap and padded envelopes for packaging and parcels
- Turn your old clothes into something new, like cushions and textiles

Share with us on social media how you've used this guide by using the hashtag **#AccessibleRecycling**



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