



CARBON WORKOUT GUIDE

UPCYCLING MADE EASY

Ten ways to help the planet and your pocket

DO YOU WANT TO REDUCE WASTE, SAVE MONEY AND BE UNIQUE? THEN THIS IS YOUR MOMENT TO EXPLORE THE BEAUTY AND BENEFITS OF UPCYCLING...

Upcycling means reusing or reinventing discarded products in a way that gives an item greater value or improves its quality. The results can be creative, personal and one-of-a-kind – qualities that are hard to find in mass-produced goods. Unlike recycling, which typically creates a lower quality product (e.g. recycled paper), upcycling improves the original item while using minimal energy and resources.

Whether you get creative and do it yourself, or buy upcycled products from local shops or charities, upcycling is a great way to reduce your impact on the planet, stay on budget and stand out from the crowd.

Read on for our top ten tips on upcycling, brought to you with the help of the [Greener Footprints '30 for 2030'](#) – a group of Herefordshire businesses on a mission to reach net zero.



I. GET ONLINE FOR IDEAS AND INSPIRATION

If you want to get into upcycling but are not sure where to start, you'll find loads of inspiration and simple projects online. Try

- Website [Upcycle That](#) for upcycling ideas and inspiration
- Upcycling blog [Upcycle my Stuff](#)
- [Upcycling trends for 2023](#) from the British Heart Foundation
- [Pinterest](#) to create a pin board of your favourite ideas

Did you know? Hereford has been ranked 3rd best city in the UK for upcycling by the [Bower Collective](#), based on its high number of DIY and antique shops.



2. SOURCE SECOND-HAND ITEMS

Check out local charity shops and Facebook marketplace for free and low-cost items to use for your own upcycling projects. From enamel cookware to vintage handbags to ornate mirrors...you'll be amazed at what you can pick up at minimal expense. And check out Herefordshire Council's list of reuse organisations at www.herefordshire.gov.uk/reduce-reuse-recycle/reuse/2

Did you know? There are dozens of charity shops in Herefordshire.

To find your nearest one, visit www.charityretail.org.uk/find-a-charity-shop

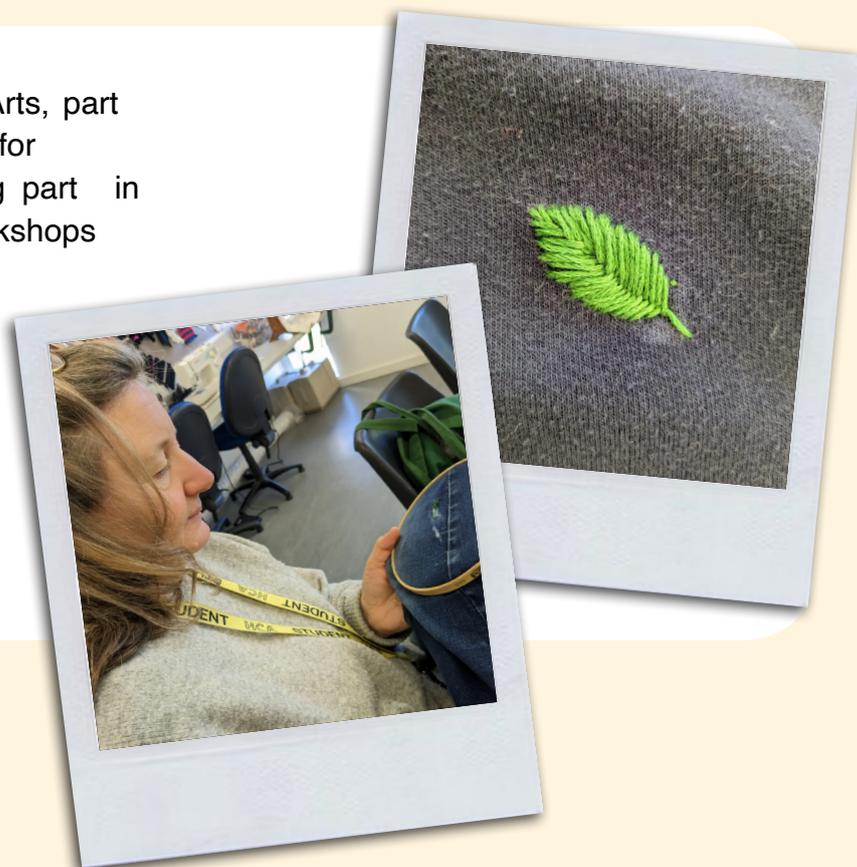


3. STYLE IT OUT WITH UPCYCLED FASHION

Got a hole in your favourite item of clothing? Grab a needle and thread and bring it back to life with a stitched motif. Or if it's too worn to repair, why not use the fabric for a bag, cushion cover or funky dusters? Check out www.upcyclethat.com/reusing-old-clothes-in-9-clever-ways/ to find out how.

Staff at Hereford College of Arts, part of the Greener Footprints '30 for 2030' initiative, have been taking part in weekly creative mending workshops in the lunch hour.

Here a herringbone stitched leaf has been used to cover a hole in a jumper.



4. VISIT A REPAIR CAFÉ

Help fixing broken household items is available from repair cafes in several locations in Herefordshire. Items such as toys, furniture, household goods, electronics and clothing can often be repaired free of charge by skilled volunteers. Cafes are currently operating in [Dinedor](#), [Marden](#), [Ledbury](#), [Leominster](#), [Malvern Hills](#) and [Presteigne](#). Booking may be required – contact your local café directly for details.

Did you know? Grants are on offer to community groups looking to set up or expand local repair networks. Visit the [Herefordshire Council](#) website to find out more or to become a volunteer.



5. TRANSFORM YOUR HOME OR OFFICE WITH RECLAIMED MATERIALS

Rather than buying mass-produced furnishings and hardware, make your home or office unique with reclaimed materials such as bricks, ironwork and doors. Find inspiration at one of Herefordshire's architectural salvage stores: try [Warehouse 701](#) in Hereford or the [Architectural Store](#) in Ross-on-Wye.

Herefordshire-based housebuilder and '30 for 2030' member [Border Oak](#) uses upcycling to add beautiful and unique features to its timber-framed homes. Here a reclaimed window has been used in an internal wall to bring extra light into the bedroom.



6. WORK WONDERS WITH PAINT

Give a household item an instant lift with a new lick of paint. It's easy to transform an old wooden chair or small chest of drawers with a fresh colour; try adding different handles to complete the effect.

For a good finish, preparation is key so make sure you follow the instructions on the paint tin, sanding surfaces first if required. Don't overload your brush and try to brush out drips as you go – they are harder to remove afterwards.

Lucy from '30 for 2030' member [Edward Bulmer Natural Paint](#) transformed an old lamp base with Garter Blue emulsion, showing that even a tester pot can be enough for a small project. What could you do?

BEFORE



AFTER



7. MAKE AN UPCYCLED GIFT

Upcycling is a great way to make a really personal gift that doesn't break the bank. Try repainting an old plant pot and fill it with bulbs as a birthday present, or get the kids involved with glue, beads and paint to decorate an old photo frame and add a picture of themselves. Find more gift ideas at <https://shrinkthatfootprint.com/upcycled-gifts/>

Try [Herefordshire Scrap Store](#) for second hand craft materials or visit [Rose Tinted Rags](#) for a range of beautiful vintage fabrics.



8. GREEN-FINGERED UPCYCLING

Planning a garden makeover? Upcycling is a great way to revitalise your outside space and make a home for wildlife.

Upcycled furniture can be repurposed to provide outdoor seating or why not use old pots and pans as planters? Using old mirrors outdoors is another good way to brighten up a small garden.

Find more ideas online from [Ross Garden Store](#) or visit your local garden centre for the best plants to complete your project.

Top tip! Kay Dartnell from Wheely Wonderful Cycling (another member of the '30 for 2030') helps reduce waste by growing her own scourers from Luffa seeds.

“They need to be grown in the greenhouse, and can sometimes be a bit tricky to germinate, but once under way they grow prolifically.” says Kay. “I haven’t had to buy a plastic scourer for the last three years! And they work really well.”



9. BUY UPCYCLED PRODUCTS LOCALLY

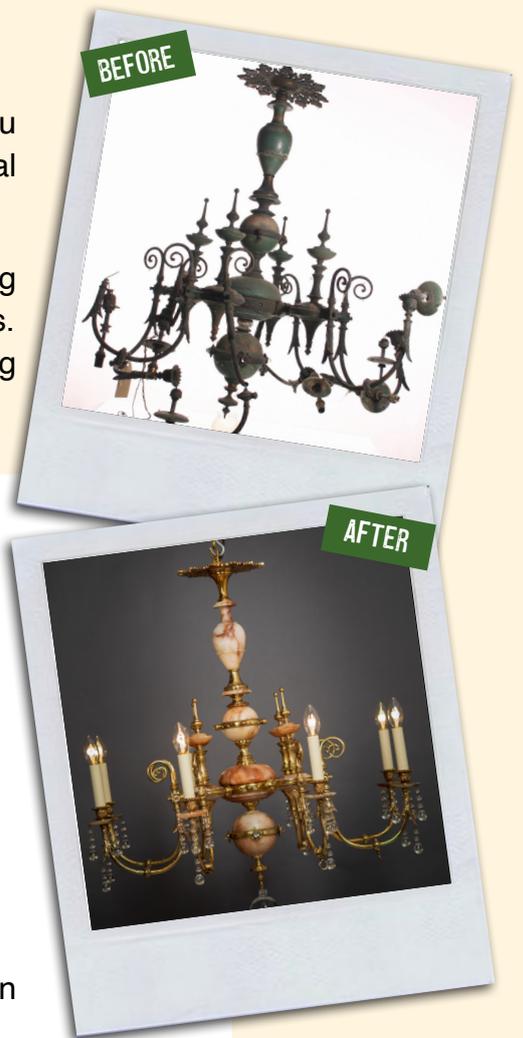
If you don't have the time or skills to upcycle your own items, you can still enjoy unique, planet-friendly products by shopping at local charities and businesses.

- [Studio Mirai](#) is a Leominster-based social enterprise selling upcycled furniture produced by people with learning disabilities.
- There are lots of small businesses in Herefordshire selling upcycled painted furniture and many offer commissions too.

Greener Footprints '30 for 2030' members [Fritz Fryer](#) Lighting has been upcycling antique and vintage lighting since 1982.

“It's part of our psyche,” says Director Karen Wallis-Smith. “We love to restore beautiful but damaged light fittings that would otherwise be replaced with something new. From antique crystal chandeliers, to vintage desk lamps, we love them all.”

Pictured here an incredible antique gasolier that has been converted to electricity and beautifully restored.



10. DONATE OR SELL UNWANTED STUFF

Help to complete the loop by donating or selling your unwanted items rather than sending them to landfill. Visit www.herefordshire.gov.uk/rubbish-recycling for a list of reuse organisations or sell online on Facebook Marketplace, Ebay or Vinted. For free items, try Freegle, Olio or Freecycle.

Did you know? There are reuse containers for items in good condition at Hereford, Leominster and Ledbury household recycling centres. Kington has a collection point for bicycles only. Items are collected by local charities.

