



Presented
for City of
Fremantle

Living Smart

Hilton, March – April 2013

Community course



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1 INTRODUCTION

Facilitators Emma Jack and Heath Adams delivered a seven week Living Smart course at the Hilton Community Centre on Paget St, March 5 to April 16 from 7pm – 9.30pm. Registration was only \$40 thanks to host City of Fremantle. 23 people attended.

2 PROMOTION SERVICES

The course was co-promoted with the City of Fremantle's concurrent Victoria Hall course.

Combined promotion included:

- A3 colour poster design and extensive distribution
- A5 colour flyer design and distribution – static and in person at South Fremantle Farmers Market
- Publicity in Fremantle Gazette
- City of Fremantle all staff email
- Be Living Smart website
- Social media – Facebook and Twitter
- A Transition Towns 2.0 documentary screening and picnic at Hilton Harvest community garden coordinated by Emma Jack and Hilton resident Emma Brindal
- Plugs at other relevant events such as Less is More
- Email lists across sustainability and community networks
- ABC event guide

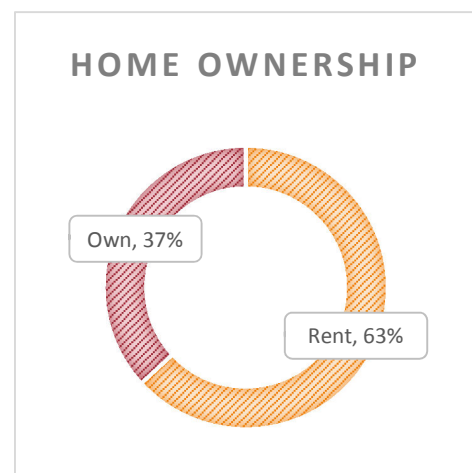
Hilton specific promotion included:

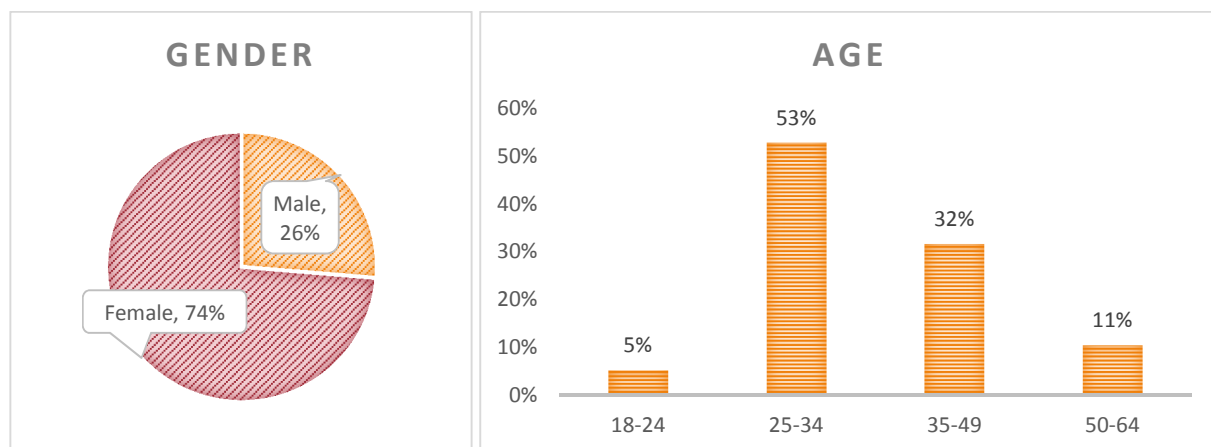
- Hilton Primary newsletter notice
- Direct mail letter and sms or phone call to 37 Hilton participants from the 2012 City of Fremantle Living Smart / Travel Smart program with Department of Transport

3 PARTICIPANTS

A pre course questionnaire was carried out to assist planning. Questions included comfort levels of speaking in front of others and rating the sustainability status of personal practices (according to course topics, eg water).

23 people enrolled and participated in the course. Three people pulled out due to changes in other commitments. Attendance ranged from 14-23 people, 16 on average. The vast majority of people were in communication regarding any non attendance from week to week.





Participants were predominantly younger women aged 25-34 years. Two young couples completed the course together.



4 COURSE CONTENT

Overview of major content and activities:

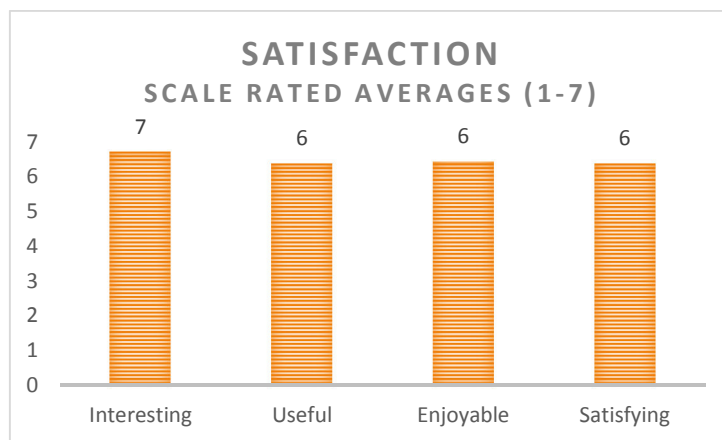
March 5	Wk 1	<u>Introduction + community mapping</u> Guest: Katie Dobb - community mapping
March 12	Wk 2	<u>Waste & living simply</u> Refusing, reducing, reusing
Saturday March 16	(optional)	Excursion – Resource Recovery Centre, SMRC, Canning Vale
March 19	Wk 3	<u>Power</u> Solar passive design. Hierarchy of household energy use. Guest: Josh Byrne – Josh's House
Saturday March 24	(optional)	Excursion – Chris Ferreira's Sustainable Garden 11 Mortlock St, Hamilton Hill
March 26	Wk 4	<u>Water</u> @ Pinakarri Community - Hamilton Hill
April 2	Wk 5	<u>Healthy home, healthy you</u> What nourishes you? MYO toothpaste + kimchi. Green cleaning. Healthy You report card.
April 9	Wk 6	<u>Gardening</u> Biodiversity. Food scraps to fertiliser. Guest: Sparkles – growing your own food
Sunday Apr 14	(optional)	Hilton Harvest busy bee
Apr 16	Wk 7	<u>Transport + community</u> Local trips and barriers. What next?! Community visioning. Guest: Katie Dobb

5 POST COURSE SURVEY AND ACTIVITIES

During the last session participants completed several reflection and evaluation activities. A full list of the actions taken as a result of the course – as noted by participants in one activity, is attached.

A post course survey provided the data that follows.

6 COURSE SATISFACTION



Participants rated the following aspects between one and seven. Average responses are below.

More lecture (1) style or more interactive (7)	5
More listening (1) or more discussion (7)	5
More theoretical (1) or more hands on (7)	4

6.1 FAVOURITE PART OF THE COURSE

50% reflected that their favourite part was related to sharing the experience with other like-minded people. 17% mentioned goal setting or identifying weekly actions.

“Connecting with like-minded people. Learning practical skills. Goal buddies.”

“Being around a motivated, inspired and continually more informed group of people. Interesting and shocking facts on our habits as a society.”

6.2 LEAST FAVOURITE PART OF THE COURSE

“That it's over!”

17% commented that the 9.30pm finish was too late.

7 COURSE SPREAD

All participants commented that had told others about the course:

Number told:	1-5	6-10	11-20	21-50
	17%	11%	22%	17%
Person type:	family	friends	neighbours	work colleagues
	44%	44%	6%	44%

Percentages may add up to more than 100% as participants often listed more than one type of person.

8 IMPACT OF THE COURSE

Top concepts that people remembered learning were:

- Various solar passive design principles (22%)
- How to make compost and / or weed tea (33%)
- SMRC recycling and composting processes (39%)
- Ways to save energy (22%)
- Ways to save water (33%)
- A greater sense of community and / or ways to stimulate community building (28%)

Actions participants were proudest of taking included:

- Improvements to their productive garden or compost (39%)
- Instigating or participating in a community project (22%)
- Reducing waste and / or preparing for the Plastic Free July challenge (50%)
- Actions to increase water efficiency savings (56%)

Also see table of actions in appendix for further information.

9 WHERE TO NEXT FOR HILTON LIVING SMARTIES?

In the final week participants identified community projects that they would like to be part of. The popular concepts were:

- Street parties / neighbourhood picnics
- Community events for skill and knowledge exchange
- Tool and resource exchanges
- Shared street mulch

“The last seven weeks have been an experience I hope to remember for the rest of my life by implementing what I’ve learnt throughout my life”.

10 CITY OF FREMANTLE RECOMMENDATIONS

- Review limitations on community access to Hilton Community Centre. Facilitators had access issues a number of times due to unregistered cards and later insufficient timed access.
- Further direct mail and phone invitations to community courses would be appropriate to non Hilton participants of the 2012 City of Fremantle and Department of Transport's Living Smart / Travel Smart program whom had advised openness to future contact.
- Continue to provide simplified access to financial support for community projects, such as those proposed above.



	Action - done	#	%	Action - planned	#	%
Community Smart	Helped my immediate neighbours ie chores	1	6%	Go to Canning LS group	2	13%
	Planning community event	1	6%	Invite neighbourhood to party	5	31%
	Met my new neighbours	2	13%	Create community	2	13%
	Enrolled in local events to support them	1	6%	Join Freo Living Smarties	3	19%
	Participated in school events	1	6%	-		
Transport	gone in the bike hike	2	13%	Cycle weekly	2	13%
	gone in giro de Perth	2	13%	Cycle three times a week	1	6%
	rode home from work	2	13%	Walk daily	7	44%
				Live more localised, cycle as the rule	2	13%
	Take train to work	4	25%	But an electric bike	2	13%
	Car-pooled	3	19%	Car share	3	19%
	Walked	3	19%	Use my car only to go to work, after take bicycle	1	6%
	Bused	6	38%	Car-pool more	1	6%
	Cycled	5	31%			
Biodiverse gardening				Figure out how to grow, pick and eat Charlie's mystery plants	1	6%
	Mused on its importance	5	31%			
	Given away native seedlings	1	6%	Plant some natives	1	6%
	Planted kangaroo paws	1	6%	Plant more fruit trees	3	19%
	Talked to housemates re: getting a bird bath	1	6%	Get rid of lawn	1	6%
				Build batbox for Baldivis		
	-			Children's Forest	1	6%
	-			Plant some Jarrah	1	6%
	-			Follow the season	4	25%
Productive gardening			0%	Grow chooks	1	6%
	Revitalised the worm farm	2	13%	Join in planting and care of babies	1	6%
	Bought a second hand bokashi bin	1	6%	Prune Gravilliers to let sun into my house for winter	1	6%
				Help Sarah build a spiral herb bed	10	63%
	Herb garden	2	13%	Revitalise vege patch	2	13%
	Grown vegies	2	13%			
	Researched native plants to attract local wildlife	1	6%	Plant a vege garden!	5	31%
	Hilton Harvest busy bee	10	63%	Make a garden plan	1	6%

	Moon calendar	2	13%	Bokashi	1	6%
	Compost	2	13%	Companion plant more	1	6%
Waste	advertised Plastic Free July in my workplace	1	6%	Do Plastic Free July	5	31%
	Stopped buying soap/toothpaste in packaging	1	6%	Run events re Plastic Free July at work	1	6%
	Re-started the compost bin	2	13%	Start additional composting	3	19%
	Slowed down in using plastics	1	6%	Minimise all packaging - bulk	3	19%
	Turned on the grey water	1	6%	-		0%
	Shop in small vegie shops, not supermarkets	2	13%	-		0%
	Sorted all my waste so my only landfill is meat	2	13%	-		0%
Living Simply	Not buy new clothes	4	25%	Make my own macdamia milk (instead of tetra soy)	1	6%
	Banned TV in our living space	3	19%	Make my own almond milk	1	6%
				Start buying new crockery / cutlery from Good Sammies	1	6%
	Continued culling	1	6%			
	Stopped buying new things	2	13%	No tv	1	6%
	Buy second hand clothes	3	19%	Reduced TV	2	13%
Healthy You	Given up sugar	1	6%	Ride bike more frequently	6	38%
	Stopped drinking coffee	1	6%	yoga + more SEX / intimacy	6	38%
	Taking train to work					
	and walking to an from	2	13%	buy an electric bike	1	6%
	Started riding to work more	2	13%	Get free time	2	13%
	never drink COKE ever	2	13%	Ride to work	1	6%
	walk / run more dog	1	6%	-		
	signed up for more events (cycling, running)	1	6%	-		
	started daily yoga	1	6%	-		
Water	tried to fix toilet grey water	1	6%	install grey water system	2	13%
	Reduced shower times	2	13%	Install rainwater tank	3	19%

	Larger loads of laundry less often	2	13%	Put a sticker on the full flush saying do not use	1	6%
	Only used half flush	1	6%	Install compost toilet	1	6%
	Set up rain water tank	1	6%	Put a brick in toilet	2	13%
	Put bucket in shower and sink	3	19%	Rain water tanks	1	6%
	Put bucket in sink	5	31%	Fix toilet properly	1	6%
	timer in shower	1	6%	Use timer	2	13%
	Outdoor shower	1	6%	Write to Minister for Water advocating grey and black water re-use	1	6%
	Fitted efficient showerhead	2	13%	-		
Power	turned off all lights at night	5	31%	get rid of electric heater	4	25%
	use washing machine at night	2	13%	LED lights	4	25%
	used less hot water	5	31%	make draught shades	1	6%
	insulated hot water pipes	4	25%	insulate	2	13%
	sitting in the dark and turning everything off at the switch	1	6%	use insulation on pipes	2	13%
	insulated room	1	6%	solar panels	5	31%
	-			write to Minister for Energy	1	6%
	-			Open blinds during the day for solar energy	1	6%
Healthy Home	vingear and bicarb	10	63%	buy a north-facing house	2	13%
	clove oil in shower - no mould!	3	19%	build a north facing house	2	13%
	bought soap nuts for laundry	2	13%	buy bulk washing detergent from Planet Ark	1	6%
	made toothpaste	2	13%	Clove oil	1	6%
	given up shampoos and conditioners	1	6%	Make own toothpaste - star anise	1	6%
	laundry ball - no detergent and chemicals	1	6%	-		