



Presented for City of Fremantle

Living Smart

Hilton, March – April 2013

Community course





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

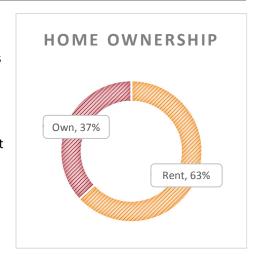
Hilton specific promotion included:

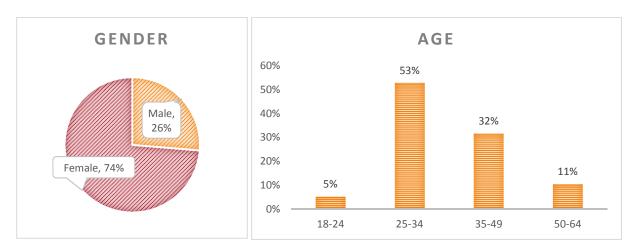
- Hilton Primary newsletter notice
- Direct mail letter and sms or phone call to 37 Hilton participants from the 2012 City of Fremantle Living Smart / Travel Smart program with Department of Transport

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	Introduction + community mapping

Guest: Katie Dobb - community mapping

March 12 Wk 2 Waste & living simply

Refusing, reducing, reusing

Saturday March 16 (optional) Excursion – Resource Recovery Centre, SMRC, Canning Vale

March 19 Wk 3 Power

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 Gardening

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.

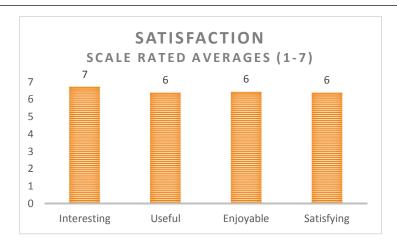
Guest: Katie Dobb

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.

6.2 LEAST FAVOURITE PART OF THE COURSE

"That it's over!"

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

[&]quot;Connecting with like-minded people. Learning practical skills. Goal buddies."

[&]quot;Being around a motivated, inspired and continually more informed group of people. Interesting and shocking facts on our habits as a society."

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 smartles?

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	Helped my immediate					
Smart	neighbours ie chores Planning community	1	6%	Go to Canning LS group Invite neighbourhood to	2	13%
	event Met my new	1	6%	party	5	31%
	neighbours Enrolled in local events	2	13%	Create community	2	13%
	to support them Participated in school	1	6%	Join Freo Living Smarties	3	19%
	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		
	Take train to work	4	25%	as the rule	2	13%
	Car-pooled	3	19%	But an electric bike	2	13%
	Walked	3	19%	Car share	3	19%
			2070	Use my car only to go to		2070
	Bused	6	38%	work, after take bicycle	1	6%
	Cycled	5	31%	Car-pool more	1	6%
	Cycled		31/0	Figure out how to grow,		070
Biodiverse	Mused on its			pick and eat Charlie's		
gardening	importance	5	31%	mystery plants	1	6%
0 1 0	Given away native			, , , ,		
	seedlings	1	6%	Plant some natives	1	6%
	Planted kangaroo paws Talked to housemates	1	6%	Plant more fruit trees	3	19%
	re: getting a bird bath	1	6%	Get rid of lawn Build batbox for Baldivis	1	6%
	_			Children's Forest	1	6%
	_			Plant some Jarrah	1	6%
	_			Follow the season	4	25%
	_		0%	Grow chooks	1	6%
Productive	Revitalised the worm		0 /0	Join in planting and care		0/0
gardening	farm	2	13%	of babies	1	6%
Baraciiiig	Bought a second hand	_	13/0	Prune Gravilliers to let sun	1	070
	bokashi bin	1	6%	into my house for winter	1	6%
	Januarii Mili	_	370	Help Sarah build a spiral	_	570
	Herb garden	2	13%	herb bed	10	63%
	Grown vegies	2	13%	Revitalise vege patch	2	13%
	Researched native plants to attract local	_	2370		-	_3/3
	wildlife	1	6%	Plant a vege garden!	5	31%
	Hilton Harvest busy bee	10	63%	Make a garden plan	1	6%
I	initori riai vest busy bee	10	03/0	wake a garacii pian		070

	Moon calendar	2	13%	Bokashi	1	6%
	Compost	2	13%	Companion plant more	1	6%
	advertised Plastic Free					
Waste	July in my workplace	1	6%	Do Plastic Free July	5	31%
	Stopped buying					
	soap/toothpaste in			Run events re Plastic Free		
	packaging	1	6%	July at work	1	6%
	Re-started the compost	2	4.20/	Start additional	2	4.00/
	bin	2	13%	composting	3	19%
	Slowed down in using	1	6%	Minimise all packaging - bulk	3	19%
	plastics Turned on the grey	1	0%	bulk	3	1970
	water	1	6%	-		0%
	Shop in small vegie	1	070			070
	shops, not					
	supermarkets	2	13%	-		0%
	Sorted all my waste so					
	my only landfill is meat	2	13%	-		0%
Living				Make my own macdamia		
Simply	Not buy new clothes	4	25%	milk (instead of tetra soy)	1	6%
	Banned TV in our living			Make my own almond		
	space	3	19%	milk	1	6%
				Start buying new crockery		
				/ cutlery from Good		
	Continued culling	1	6%	Sammies	1	6%
	Stopped buying new	•	400/			60/
	things	2	13%	No tv	1	6%
	Buy second hand clothes	3	19%	Reduced TV	2	13%
Healthy	ciotiles		13/0	Neduced IV		13/0
You	Given up sugar	1	6%	Ride bike more frequently	6	38%
	Civeli ap sagai	_	070	yoga + more SEX /	Ü	3070
	Stopped drinking coffee	1	6%	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%	-		
		1	6%	-		
	started daily yoga	1	070			
	started daily yoga tried to fix toilet grey		070			
Water		1	6%	install grey water system	2	13%

less often 2 13% 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 3 19% Rain water tanks 1 6% Put bucket in sink 5 31% Fix toilet properly 1 6% Put bucket in sink 5 31% Fix toilet properly 1 6% Itimer in shower 1 6% Use timer 2 13% Write to Minister for Water advocating grey 0 1 6% Fitted efficient showerhead 2 13% -	I	Larger loads of laundry			Put a sticker on the full		
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laundry ball - no			_	370	oca. armoc	_	370
detergent and		•					
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