

Wellbeing: Upcycling For Money Saving And Sustainability

Course overview

Upcycling enables us to make something new or different from what we already have or can pick up for free. It allows us to meet a need with little to no cost. The main investment with upcycling is our time. Upcycling can be a great way to engage in sustainable projects and move away from the disposable mindset.

During this course we will explore small and large projects that can be done with upcycled materials. We will also cover ideas on the sort of projects that can be resold for profit.

What will I study?

- How upcycling differs from reusing
- What can be upcycled?
- How to get started with upcycling
- What sort of tools might you need
- Ideas for upcycling projects

Assessment method

- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout. You will also identify the kinds of upcycling you can do.

Entry requirements

This course is open to all. You will need to understand English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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