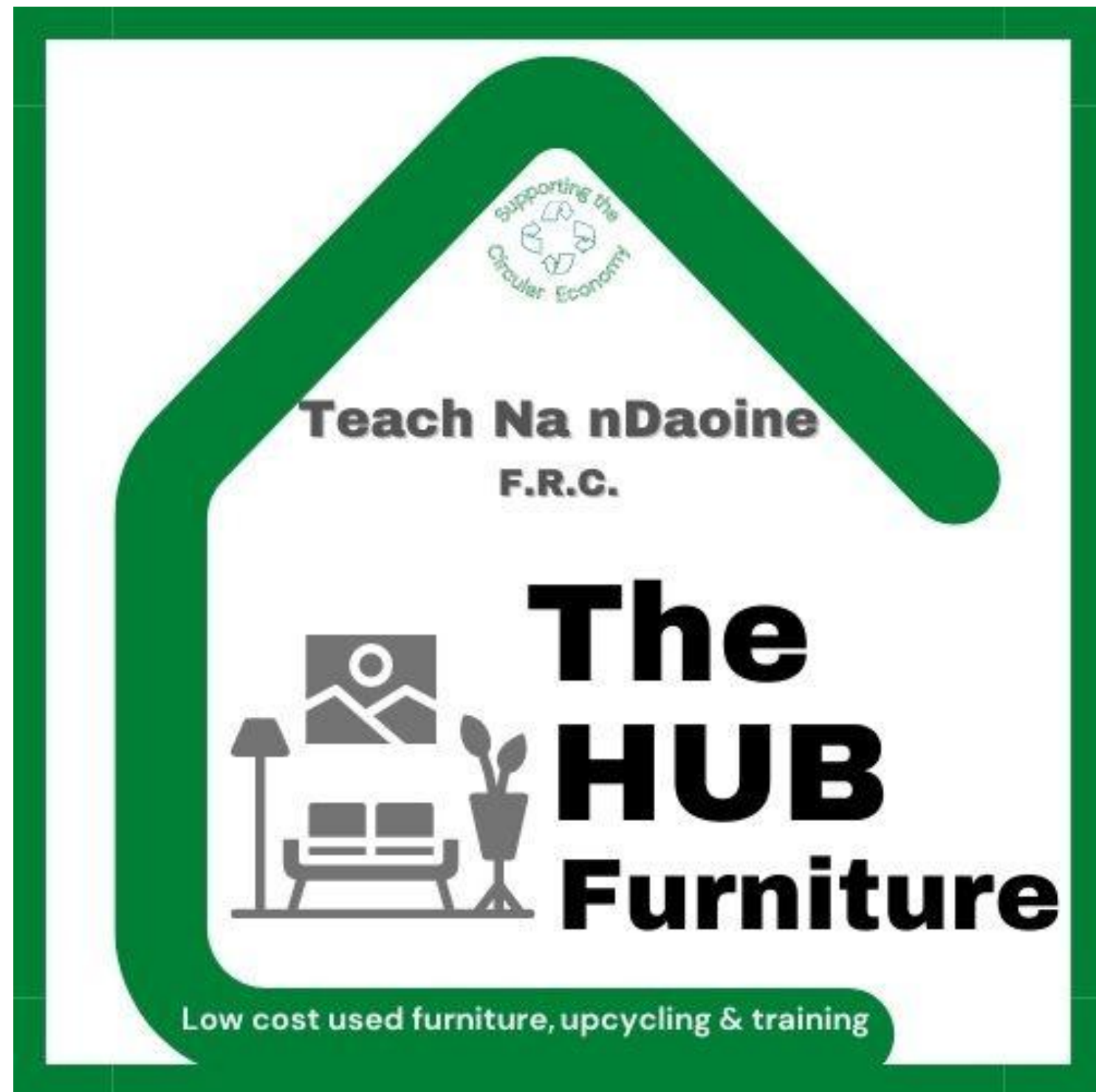


Monaghan PPN Network Gathering

19th March 2025



Leah Woods & Ciara Ní Chionnaith



Social Enterprises

Social enterprises are **not for profit** businesses that work primarily to improve the lives of people. Their core objective is to achieve a social, societal, or **environmental** impact. They frequently work to **support disadvantaged groups** such as the long-term unemployed, people with disabilities, travellers, etc., or to **address issues** such as food poverty, social housing, or **environmental matters**.



Background



Need identified
Consultation with key stakeholder
Committee commitment
Funding secured

Funding

POBAL Community Services Programme
Provide a local service
Social Enterprise Model
Employment for disadvantaged groups





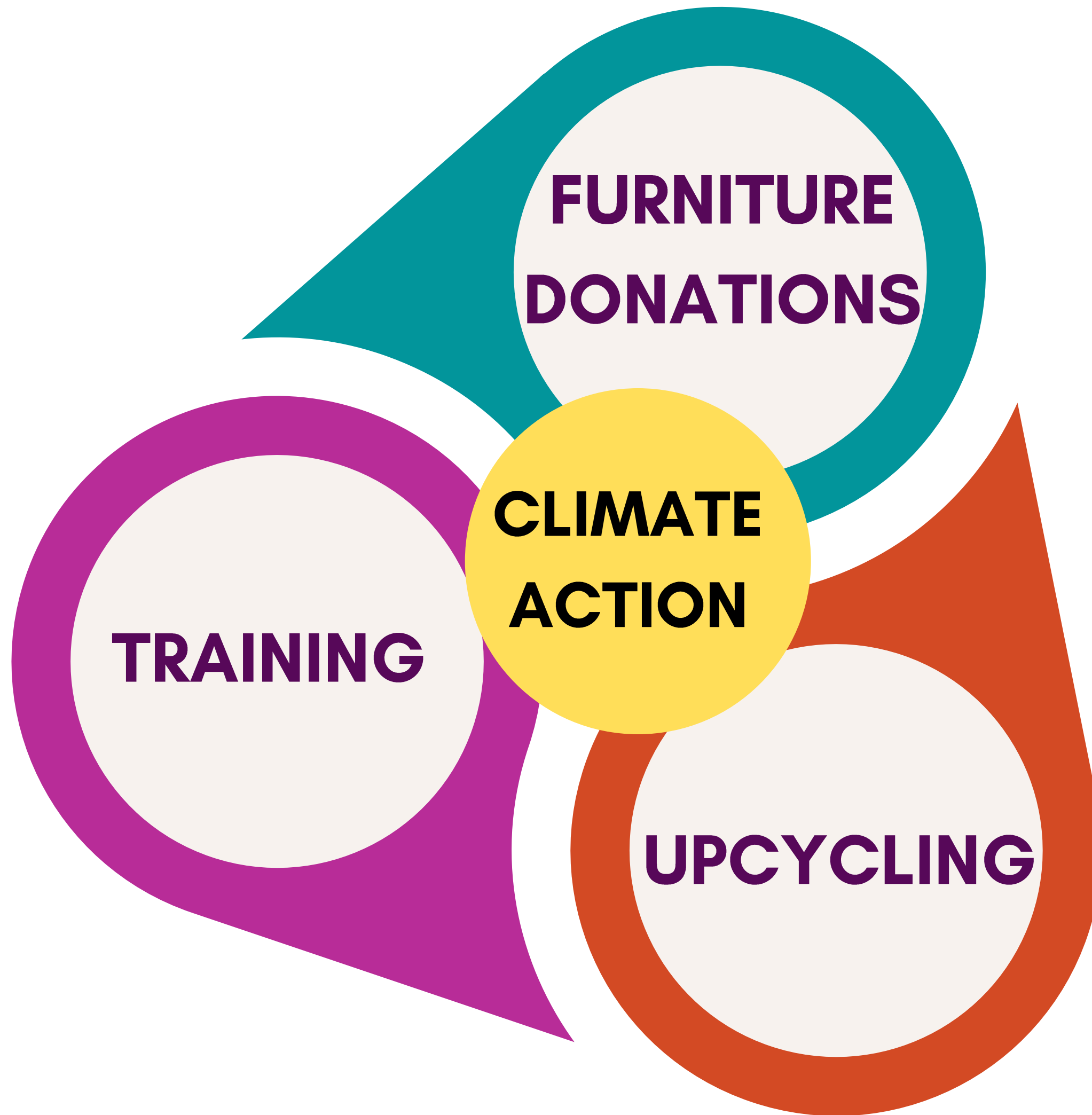
Our Aim

The HUB Furniture, upcycling and training aims to make a **positive impact** on both the **community** and the **environment** by providing affordable furniture options, **reducing waste**, and **promoting upcycling**.





How we achieve our aim



How we support climate action



Circular Economy

Training

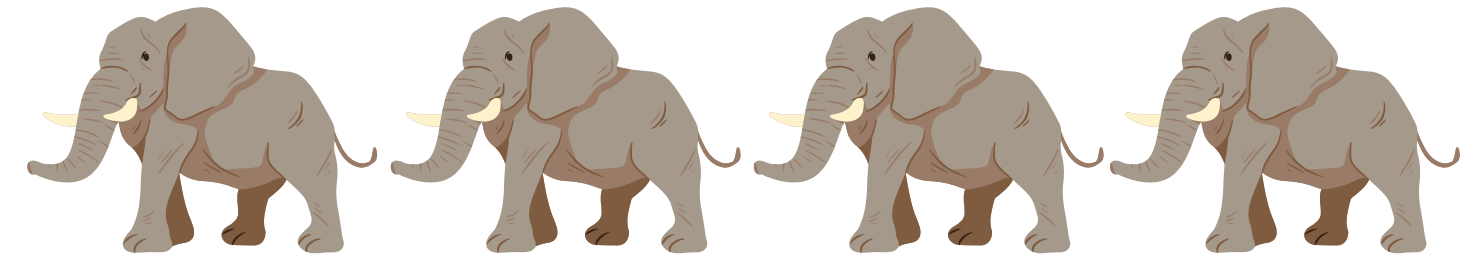


Collaboration

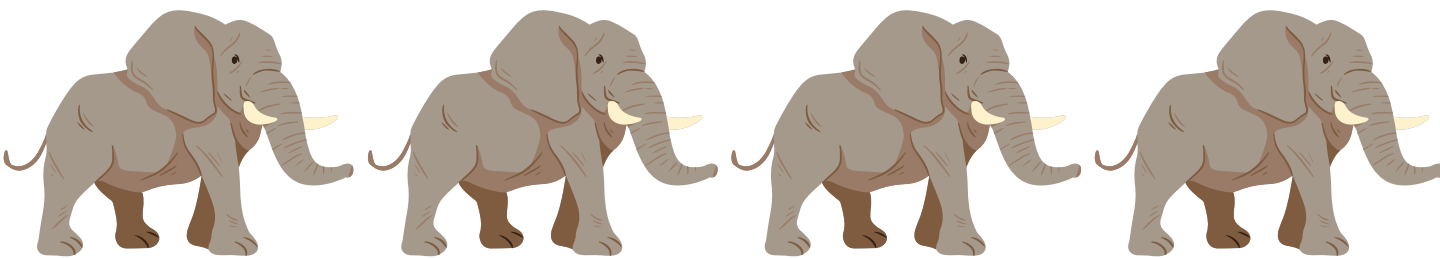


Sustainability





Diverted from Landfill
40 Tonne*



FURNITURE Upcycling Programme

An introduction to upcycling,
focusing on basic techniques
for restoring and transforming
furniture





Introduction

6-Week Basic Upcycling Course for beginners

Funding received from **MCC - Creative Monaghan**


Collaborated with **CMETB**/workshop facilities





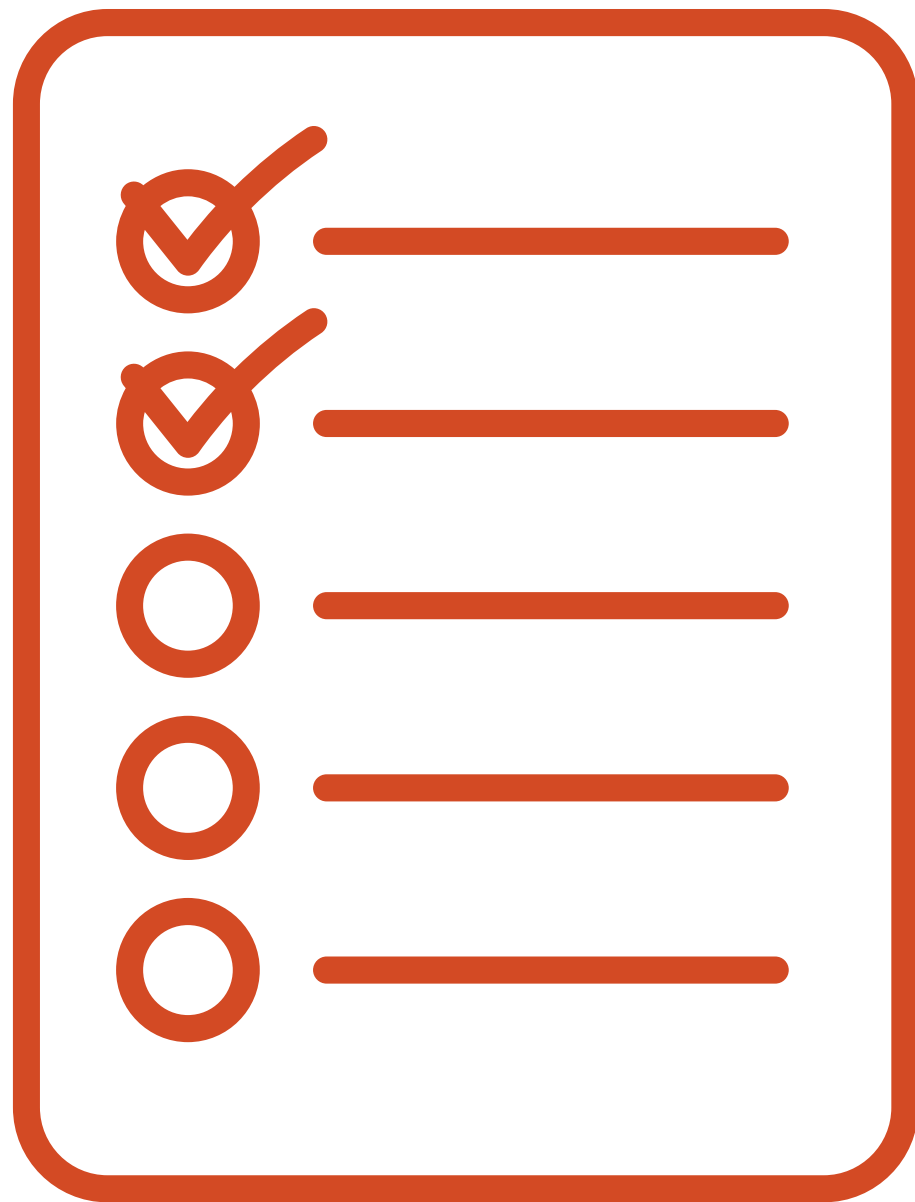
Aims



- **Introduce the Core Principles of Furniture Upcycling**
 - **Encourage Sustainability and Environmental Awareness**
 - **Foster Creativity and Hands-On Learning**
 - **Build Confidence Through Achievement**
 - **Support Wellbeing and Strengthen Community Ties**
- 



Course Content



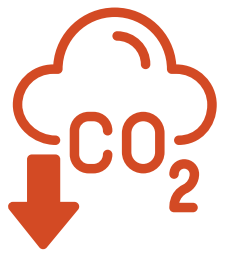
- **Sourcing Furniture**
- **Tools & Materials**
- **Furniture Preparation**
- **Painting and Staining Techniques**
- **Advanced Techniques**
- **Finishing Touches**
- **Repurposing**



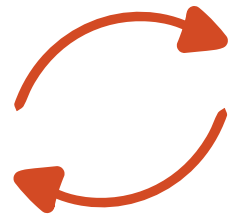
Benefits of Upcycling



Reduces the need to extract raw materials or create synthetic materials.



Less manufacturing & **fewer carbon emissions**. Less waste to landfill.



Reduces pollution, and **promotes a circular economy**.



Fosters a sense of community as individuals come together to share ideas, resources, and skills.



The ability to repair an item is a **lifelong skill**.



Engaging in arts and creative activities enhances **quality of life** and **reduces stress**.



Increases brain plasticity, whole brain activity.



It **focuses your attention**, distracting you from the negative, a form of **mindfulness**.



Helps **relieve stress**, you can enter a mental state called "flow" or "the zone".



Helps you work through **emotions** and **feelings**.



**Linked
participants
in with
community
services**



**2
programmes
completed**



**12
participants
attended**



**15
items of
furniture
upcycled**




Outputs





Outcomes



- **Practical Skills and DIY Confidence**
 - **Sustainability Awareness**
 - **Creative Thinking and Design Skills**
 - **Confidence and Personal Growth**
 - **Emotional Wellbeing and Social Connection**
- 




Feedback

It was a very **relaxing and mindful experience**; the tutors were supportive & knowledgeable. Perhaps a **longer programme** in the future, as it felt a bit rushed trying to finish our pieces in the 6 - week time frame. Thoroughly enjoyable.

I had such a brilliant time on this course I just **zoned out** forgot about everything else just love it and **so proud of my finished piece**. I also made some **new friends**; we had such a lovely group. I definitely recommend this to anyone.

Great programme, plenty of support, encouragement, & **comradeship**, really enjoyed it.

I had an amazing time at this upcycle course. I just wish it was longer. I learned a lot & will **definitely be trying more**. I am **so happy with the way my piece**.



Before



After

Contact us



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TheHUBFurnitureUpcyclingTraining

Upcycling is not just about furniture, it's about sustainability, creativity, and well-being.