

reuse repurpose

restyle

free

## THE GREAT BIG GREEN WEEK

Celebrating action  
to tackle climate  
change

### Our first Repair Café

Creating links  
with the  
community

### Minimalist mood

Taking the stress out  
of choosing outfits

lifestyle magazine

EDITION 7 - Great Big Green Week





# Welcome

to our latest edition of  
reuse, repurpose, restyle!



**W**e love sustainable ideas and we love the planet! We dedicated this edition to the upcoming Great Big Green Week event, which is ran by The Climate Coalition and is taking place between 8<sup>th</sup> and 16<sup>th</sup> June. We invite you to discover more DIY hacks and sustainable ways, and follow the greener path.

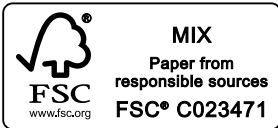
In this edition, we chatted to Majonne Frost, Head of Environment and Sustainability, who tells us all about Great Big Green Week on page 3. We revisit our favourite features and invited our customers to share their sustainable finds on page 4.

Karina Hare introduces our first ever Repair Café on pages 8-9 and we chatted with our customer, Katrina Galligan, about her furniture upcycling projects on pages 6-7.

We set some of our colleagues a fun competition to find affordable and stylish outfits for £20. Check out the results on pages 10-11. Kelly Castelete loved the idea of a minimalist wardrobe and went on a mission to declutter in time for spring. Check out the results on page 12.

If you have ideas of your own that you would like to share with us, don't hesitate to contact us! We'd love to hear from you!

- @salvationarmycharityshops
- @salvationarmyshops
- @salvationarmyshopsUK



**Magazine team**

Andreea Dumitru, Editor  
Dan Homerstone, Designer  
Kelly Castelete, Head of Communications  
Charlene Bent, Partnership Marketing Manager  
Sabine Petkevica, Marketing Assistant  
Contact us at [media@satool.org](mailto:media@satool.org)

**Published by Salvation Army Trading Company Ltd (SATCoL)**

SATCoL was established in 1991 to help fund The Salvation Army's vital work with vulnerable people in the UK, and today we raise money and encourage reuse and recycling through a network of clothing banks, charity shops, donation centres and superstores. With the support of the British public, we have donated millions of pounds to The Salvation Army (over £80 million has been donated in the last ten years).





# Ask us...

Do you have a question or is there something you have always wanted to know about our charity shops? Email us your questions to [media@satcol.org](mailto:media@satcol.org)

In this edition, we ask **Majonne Frost, Head of Environment and Sustainability:**

## What is Great Big Green Week all about?

Great Big Green Week (GBGW) is about bringing people together to create a wave of action to protect the planet. This year GBGW is encouraging everyone to 'swap together for good'.

As Head of Environment and Sustainability, part of my job is to help implement Great Big Green Swaps, and I don't only do this at work but in my personal life as well. I want to encourage you to do the same and find one or two swaps that can be easily added into your life which will make a positive impact on the planet.

Here are two easy ideas: get an item repaired instead of buying a new one or visit a recycling event where you can learn more about sustainable projects!

The good news is, you are already making an important swap by shopping at The Salvation Army and buying second-hand instead of new!

There are lots of other swaps that you can make in order to help the planet and have a more sustainable lifestyle. You can start little and work your way up. Here are mine:

**My little swap:** My small (but mighty) swap is bringing my reusable water bottle, mug and cutlery with me when I travel. Over the years I must have avoided throwing hundreds of single-use plastic items in the bin.

**My big swap:** My biggest swap has to be travel. I have not flown anywhere for over 10 years and most of the travel I do for work is on public transport.

Here are my top tips for making planet-friendly swaps:

- ♥ Give it a go, even if you have never done it before! You will be surprised at what you can achieve. Whether it's using a reusable water bottle like me or swapping your dinner for a plant-based one, no change is too little.
- ♥ If you are not sure how to do something, ask for help from others. You may even discover new skills your friends and family kept hidden and, let's be honest, group activities are so much fun!
- ♥ There are so many great places to get inspiration for swap ideas, why not start by checking them out at [greatbiggreenweek.com](http://greatbiggreenweek.com)? There's surely something to pique your interest and help you make environmentally friendly choices.



Me with my latest upcycling projects: my desk (used to be plain pine), bag and pillowcase made from worn out jeans, and embroidered jeans.

## Great big (and little) swap ideas

This edition of our magazine is full of Great Big Green Week swap ideas. And why not join one of our in-store events to get some repair and upcycling inspiration?

Go to our Facebook page [@salvationarmycharityshops](https://www.facebook.com/salvationarmycharityshops) to find out what's on in your local shop.

## Your Great Big Green impact

By swapping fast fashion for second-hand finds, you can make a big impact. It is estimated that new clothing accounts for around 10% of the global carbon footprint and that number is set to increase unless more of us make swaps.

Front cover model wears coat repurposed from donated textiles as part of our collaboration with Winchester School of Art.

# Our customers love...



## @captaincharley:

“Ahoy! I'm Charley, and I'm a charity shop addict. I just love not knowing what gems I'm going to find hanging on the rails of my local shops. This amazing vintage cardigan is one of those gems and was found in The Salvation Army in Catford. It was love at first sight! I don't tend to follow trends, preferring to just wear what I like, and I like my clothing fun, colorful, and quirky. This cardigan certainly ticks all those boxes. If you too like to stand out from the crowd, I highly recommend heading to your nearest Salvation Army shop for a rummage. There's something for everyone, whether you're a basic babe, or a colorful chick you never know what you might find!”

## @lucyenglorious:

“I love shopping in charity shops because you never know what you're going to come away with. I got these Dr. Martens shoes from my local Salvation Army shop a couple of years ago and they are one of my favourite ever finds. It's a great feeling when you discover that special item that you know you're going to love for years to come.”



## @dionne.s.bowen:

“Hi, I'm Dionne. I grew up practicing and enjoying giving new life to styling old pieces from hand-me-down clothing from friends and relatives. This means sustainable outfits have always been on rotation in my wardrobe. I am inspired by vintage style icons such as Diana Ross, Donna Summer and Beverly Johnson (to name a few), so I am particularly drawn to vintage pieces when browsing the rails of charity shops. With that being said, you could imagine my delight when I found this unique pair of white flats at The Salvation Army charity shop one day on my lunch time wander. I am yet to see anyone else with another pair, which is one of the delights I find in shopping vintage second-hand. 90% of my wardrobe has been acquired from charity shops, as I find unique, quality, vintage pieces that I get to breathe new life into and style in my own way.”





# We love...



## Children's clothing

Did you know our charity shops have a dedicated children's section? This does not only include toys and games, but also a great range of children's outfits and shoes.

You can find lots of great bargains, such as jackets, tops, jeans, trainers and so much more. All, of course, at only a fraction of the price.

So next time you want to go on a shopping spree for your little ones, pop into your local Salvation Army charity shop first and check out the offers.

## Tote bags

We love tote bags! They are comfortable and can fit so much in. They are so easy to wear and accessorise too! We especially love these repurposed tote bags made from jean fabrics. Hundreds of these are made in collaboration with HMP Five Wells in Wellingborough as part of our upcycling mission.

If you like these designs and want to get your hands on one, worry not! You can find them in our charity shops and purchase them for only £5\*. What a great way to save on waste and look amazing while doing so.



\*Limited availability, differs from shop to shop



# Furniture upcycling with Katrina



**Charity shops are truly a treasure trove when it comes to upcycling.** With lots of textiles, patterns and potential for DIY projects, a simple visit to a charity shop can be inspiring! In this edition, we are looking at furniture upcycling, and we invited Katrina Galligan, our lovely customer from the Dumfries donation centre, to tell us more about her projects and her upcycling journey.

Katrina is a furniture upcycling enthusiast, and she is well known by our team in Dumfries, as she is always visiting us in search of new projects. We took the opportunity to ask Katrina a few questions.





**How do you get your upcycling ideas?**

Sometimes it's the time of year and what colours are popular or just what I like. I sometimes come across a new color of paint I fancy trying and just look for items that I can use it on.

**What kind of items are you looking for on your charity shop visits?**

Anything wooden. Mostly older pieces or damaged pieces that I can repair.

**Can you tell us why you like shopping in our Dumfries donation centre?**

It's a great store with friendly staff and volunteers. It's a large store in a great location, ideal for collecting or donating items.

**How did you start your furniture upcycling journey?**

I started during lockdown 2020. I had some items I had purchased several years prior that had been painted and were scratched and damaged, so I decided to fix them and re-paint them. Then I started finding pieces on Facebook Marketplace or Gumtree. Once lockdown was over and shops opened back up, I started checking out local charity shops or the local auction house.

**What is your advice for our readers who would like to start their upcycling journey?**

My best advice is: take your time and do not rush.

Try to find a small set of good quality tools (I was lucky to have a joiner as a father. He helps me with some tasks that are harder to fix.)

You can also watch YouTube tutorials. They are great as some of them offer step-by-step instructions.

I have a piece of wood that I conduct tests on especially when using new paints/primers/varnish/sealers... to get an idea what the final outcome colour will look like. Also, it's a good idea if you're struggling to bring the colours together cohesively.

For me, I started off just as a hobby as I found it quite calming and relaxing, but it seems to have turned into quite the small business. I enjoy seeing something that was broken, become fixed and looking lovely and useable again.

**How do you pick your projects?**

It all really depends on what I can afford at the time or it could be that someone asks me to help on a specific project, for example bedside tables. But usually, I need something to paint, and I will scan charity shops looking for it.

**You can check out some of Katrina's work on her Instagram profile @Katskreations2903. And if you felt inspired by this article and want to try your hand at furniture upcycling, visit our website <https://salvationarmytrading.org.uk/find-us/> to find your nearest donation centre.**







# Our first Repair Café

By Karina Hare

**The concept of reuse, recycle and repair is a core part of our work. With our donation centres, we've always had an ambition to use the large shop space and create links with the community – the idea of a Repair Café was something that really caught my interest.**

A Repair Café is a pop-up event held on regular dates where the local community can get their broken household items repaired for free by volunteers. These items include things like clothing, household electrics, technology, children's toys, furniture and bikes. Not only does the concept help people potentially save money by getting their items fixed, but it also saves unnecessary items from going into landfill and other forms of disposal.

I visited existing Repair Cafés to gain an understanding of how they run. I quickly noted how helpful everyone I spoke to was, and I only ever received positive encouragement in support of our own set up. People GENUINELY WANTED TO HELP!

Our first Repair Café was to be at our new donation centre in Gorseinon, Swansea, so it made sense to visit Repair Cafés in the surrounding area to introduce myself, observe their set up and invite a few volunteers to join our cause. We set the date for our Repair Café so that it didn't impact any others in the surrounding areas and after a month of preparation, the time came.





# repurpose

Six volunteer repairers came along, and the team soon found themselves chatting with customers whilst stripping wires, taking apart vacuums, wood gluing chairs and more. Our jewellery specialist, Taegan, told me that most of the repairs she carries out aren't necessarily valuable jewellery items, often it's the memories behind the items that make the piece priceless to its owner. She recalled repairing a clasp on a necklace for a customer who was 102 years old – the necklace had been given to her by her late husband during WW2. She was overjoyed when the necklace was wearable again.

Repairers David and Mark told me a funny tale of a woman who had brought them an old sewing machine to look at. She said it had spooked her a little as it appeared that the machine was working on its own and the foot pedal was shaking. They soon diagnosed faulty wiring and had the sewing machine responding to its owner's foot again in no time.

Tech repairer Kyle loves working with data and worked out for us that out of the 10 items that were fixable on the day, we diverted approx 52kg worth of items from disposal which translates, incredibly, to a direct environmental impact of 276KG carbon emissions avoided (based on average weights/Repair Café Wales guidance).

During the Repair Café two further volunteers offered help as seamstresses at our next event and plenty of customers commented that they'd be bringing items in next time.

It was a fun day with lots of inquisitive members of the public dropping in to see what we were up to, and the team really did a fantastic job of making the environment inviting and informative for our customers.

All six repairers said that will be back for our next Repair Café at the Gorseinon donation centre and the team can only grow from here!

I'm looking forward to us rolling out the Repair Café concept into more donation centres very soon and you are more than welcome to visit!

## Find your nearest donation centre:

<https://salvationarmytrading.org.uk/find-us/>





# Trendy and affordable, try our charity shop Challenge

By Andreea Dumitru



Andreea is wearing:  
New Look dress £5,  
brand new cape £8,  
M&S shoes £5  
**Total £18**

A trendy outfit has far more benefits than just the visual. It makes us feel good, gives us more confidence in our day-to-day activities and, sometimes, it gives us that lift that we need. Looking good and feeling good is such an important feeling, offering us that small dose of serotonin we might need on a specific day or for a certain event.

And what is even better than a trendy outfit? A trendy outfit that is also affordable. With the cost-of-living crisis, many of us have had to sacrifice a shopping spree or two and limit our budgets, but that doesn't mean we cannot indulge in a good outfit.

For this edition, we made it our mission to find trendy and affordable outfits. And let me tell you, the search did not disappoint!

I invited my colleague Sabine on a visit to the Guildford donation centre to find an outfit each, which matches our individual styles or specific needs. I focused on choosing an outfit for the office, wanting to find something for the warmer days and Sabine looked for a travel outfit that is both comfy and easy to change into. We were both beyond happy with our findings, especially, with the fact that both outfits were priced under £20!



Sabine is wearing:  
Trainers £4,  
Shirt £4,  
Trousers £3  
**Total £11**





Aniel is wearing:  
 Dorothy Perkins shoes £8, Skirt £2.50,  
 Top £1.50, Brand new jacket £10  
**Total £22**

Callum is wearing:  
 Sweater £3,  
 Trousers £5,  
 Clark's shoes £9,  
 Coat £5  
**Total £22**

Our next visit was to the Aldershot shop, where we met with shop manager Aniel and volunteer Callum. When they heard about the challenge, both of them wanted to join and started their own spontaneous shopping spree. They were both excited with picking an outfit that looked good and was affordable, and they did great!

Callum preferred to keep warm, so he chose a comfy outfit that is both elegant and affordable, while Aniel looked towards the warmer days but decided to keep it smart.

We all had lots of fun choosing outfits, mixing and matching and browsing through hundreds of bargains. It took us each less than ten minutes to find garments that were affordable and fit our individual style.



**We would like to invite you to do the same and take our 'charity shop challenge'.** Visit your local Salvation Army charity shop and try to create an outfit that is affordable and trendy. Then take a photo and share it with us on social media. We would love to see the results!

Share with us on...

@salvationarmycharityshops

@salvationarmyshops @salvationarmyshopsUK







# Minimalist mood

By Kelly Castelete

**When our editor suggested an article about a minimalist wardrobe, I jumped at the chance to get involved as it sounded like something I needed in my life... a simplified wardrobe which takes the stress out of choosing outfits each day. I also thought it would be a good opportunity to tidy the messy open wardrobe I share with my husband!**

Influenced by watching too many episodes of *The Kardashians* (guilty!), I love the idea of throwing together some staple items, in some muted tones, almost like having a daily uniform but you can vary the pieces and accessories.

I like to buy classic pieces... usually high street items. My budget is also really limited at the moment, so a good clear-out is just what I needed.

## Where did I start?

Before I begin, I should say... although it may seem like I hog more of the wardrobe, my husband genuinely is not a big fan of shopping and wears a minimalist wardrobe already, consisting of t-shirts, jeans, trousers, blazers and the occasional shirt!

My first goal was to create a nice space for both of us to pick our clothes each day. So, I started by sorting through the over-flowing boxes and baskets to create more storage. The first box I sorted through was filled with an old scuba suit I haven't worn for years but kept because 'I might use that next summer', along with a never-worn Zara top (with label), and various other items. These went straight to the donate pile!

## What next?

I sorted my clothes by my favourite colours – mainly tones of cream and beige, with whites and blacks, and a good amount of khaki! I then decided to move any bigger items such as rarely worn suits and jackets to a tiny but handy cupboard. This immediately freed up the space in my wardrobe to allow the items to hang a bit more freely. But what about those much-loved items that don't fit my new strict code of neutral shades? My brightly colour jumpers, my yellow handbag and bright green and pink dress must stay. The solution, I decided, was to keep them in the new wardrobe to act as little pops of colour that I can pair with any of my neutral tones.

## What did I discover?

I realised that my husband and I love black, white and khaki clothes! I rediscovered long-forgotten items in my storage that will now be worn this spring and summer. Finally, I also realised that I love a pop of colour and, while the idea of a minimalist wardrobe is great, you can break the rules and change it at any time. So, when you find that next party dress or charity shop find, you can add it to your new and tidy wardrobe much easier!





# THE GREAT BIG GREEN WEEK

8th to 16th June



## Here are our GREAT BIG GREEN WEEK swaps:

As the trading arm of The Salvation Army, we have set ourselves stretching targets to give even more products a new lease of life, and reduce our own carbon emissions to net zero by 2040.

Here are some of the swaps we are making to help create a better tomorrow:

-  23 of our furniture collection vans have been swapped from diesel to electric, lowering tail-pipe emissions to zero.
-  Fossil fuels are being swapped for solar panels: we are phasing out gas across all of our shops and warehouses and so far have 84 solar panels installed across 3 donation centres, with more to follow.
-  The old lighting in most of our shops has been swapped with energy-saving LED lighting.
-  We are innovating so that we can recycle the worn-out clothes we receive back into new clothes. Search for "Salvation Army Project Re:claim" online for more information.

We are delighted to present SATCoL's first Social and Environmental Impact report which shares more about the work we do to help people and help protect our planet. Visit our website here to read more

<https://salvationarmytrading.org.uk/how-we-help/impact/>

Let's swap together for good

# Helping the planet

## 3 times a day



**As part of our Great Big Green Week edition, I wanted to share my Great Big Green swap, and what I am doing to help the environment and reduce my carbon footprint. I encourage you to have a read and start your journey as well!**

Every choice we make in our day-to-day lives has the power to affect the environment. It is important to understand how even the smallest choices can make a greater impact. Such as when we choose a low consumption electrical item, or buy a second-hand garment instead of choosing a new one. Each choice has the power to affect the world around us, and every small change can only work for the better.

It's time to look at what I consider the smallest choice of all, one that we can consciously and effortlessly make three times a day, and one that has been proven to reduce our individual carbon footprint by 73%, according to an Oxford study\*. Many scientists and athletes swear by a plant-based diet, which not only helps our health, but also helps the planet. There are studies that show that a plant-based diet can massively reduce cardiovascular diseases and the risk of diabetes, so eating your veg has never been more important.

Nowadays, more and more plant-based options are becoming available. I have been a vegetarian for 8 years and vegan for 3 and I can remember how difficult going to the supermarket used to be when I first started. Today however, I can find plant-based 'salmon', different types of cheese, bacon and even chocolate cake

with no effort at all. Many brands are coming up with plant-based options as well, since 4.7 million Brits have now chosen a plant-based diet, saving 672 million tonnes of CO<sub>2</sub> emissions per year. Which is the equivalent of taking 146 million cars off the roads\*\*.

I can tell you from experience that following a plant-based diet is not time consuming and there are thousands of delicious recipes online or on social media that you can follow. There are so many new ingredients to discover and benefits to enjoy.

If you want to start your plant-based journey, you can always start small. Introduce a veggie night a few times per week and once you discover more and more recipes, increase your number of plant-based dinners. And, if you don't feel like cooking one night and want to watch a movie with a quick pizza, just know that a plant-based pizza has only 670 calories. Its definitely worth the risk!

Choosing a plant-based diet is a great, healthy, and eco-friendly way to help the planet by making small choices every day and your food doesn't have to cost the earth. I whole-heartedly encourage you to give it a try!

*Andreea*

Editor



\* visit [www.zerosmart.co.uk](http://www.zerosmart.co.uk) for more information

\*\* visit [www.vegansociety.com](http://www.vegansociety.com) for more information



# Care for creation

By Kelly Castelete



Left to right: The Salvation Army's Captain Wendy Watkins with Major Jo Moir, and from Salvation Army Trading Company Majonne Frost, Head of Environment and Sustainability, and Kelly Castelete, Head of Communications.

**The Salvation Army's Hadleigh Farm covers 900 acres and is a place of sheer natural beauty. We popped along to visit Captain Wendy Watkins and her team to learn more about this unique farm in Essex, originally acquired by the charity over 120 years ago and which, today, has evolved into a commercial farm, Rare Breed Centre and much more.**

Here are just a few highlights:

**Mountain biking** - Hadleigh was the host venue for the London 2012 Olympic Mountain Biking event and today it still attracts cyclists who can enjoy the trails and challenge their skills.

**Rare Breeds Centre** – open in the Spring, Summer and Autumn months, you can learn more about the farm's conservation and breeding programmes and visit the adorable animals including Bagot Goats and Middle White Pigs.

**Hadleigh Castle** – take a walk to visit this English Heritage site, built in 1215 and with stunning views over the Thames Estuary.

**Hadleigh Training Centre** – the centre has been providing training opportunities since 1990 for adults with additional support needs. There are currently approximately 160 trainees who attend the training centre. We met trainees working in the Tearooms who are developing their hospitality skills, as well as trainees who work in the horticulture area.

**Refreshments** – once you have enjoyed your sightseeing, visit to the Rare Breeds Centre, walk or cycling – you can relax at the Hub Café and take your pick of freshly prepared homemade food. The Tearoom is currently open Mondays and Fridays from 11am – 2pm. Tearoom bookings are made via the Hadleigh Farm website.

Search for 'Hadleigh Farm' on Facebook to learn more <https://www.facebook.com/salarmyhfe/>

## Canvey Island Bus

The 'Stuff on the Bus' launched in October 2023 and in the first 10 weeks the bus welcomed almost 100 members including families, elderly people and those with disabilities. The supermarket bus provides the local community essential items such as food and drink, toiletries, chilled products and more. The Canvey Island Bus project is operated with the help of eleven dedicated volunteers and is ran by The Salvation Army in partnership with Essex County Council and Feeding Britain.





# THE GREAT BIG GREEN WEEK

Let's swap together for good

Our shops will be celebrating Great Big Green Week  
**8th to 16th June**

Visit your local Salvation Army charity shop to  
discover more sustainable ideas and celebrate  
Green Week with us!

Follow us on our charity shop Facebook page  
[@salvationarmycharityshops](https://www.facebook.com/salvationarmycharityshops)

