

**English Reading Level 1
Resource Booklet**

Text 1

WHY RECYCLE?



If you're not already recycling, we explain how easy it is and how you can really make a difference.

For those who already recycle, discover the positive effect your recycling efforts are making and find out what else you could do.

Recycling conserves resources

When we recycle, used materials are converted into new products, reducing the need to consume natural resources. If used materials are not recycled, new products are made by extracting fresh, raw material from the Earth, through mining and forestry.

Recycling helps conserve important raw materials and protects natural habitats for the future.

Recycling saves energy

Using recycled materials in the manufacturing process uses considerably less energy than that required for producing new products from raw materials – even when comparing all associated costs, like transport.

Plus there are extra energy savings because more energy is required to extract, refine, transport and process raw materials ready for industry compared with providing industry-ready materials.

WHAT HAPPENS TO OUR RECYCLING?

Ever wondered what happens after your recycling bins are collected or you drop something off at the recycling centre? We explain how your recycling becomes a valuable resource.

Recyclable items are predominantly collected from your home in two ways. There are kerbside 'sort' schemes where recyclables are sorted into their respective materials on the lorry at the kerbside; and co-mingled collections where all your recyclables are put into one compartment on the lorry before being taken to a Materials Recovery Facility (MRF) and sorted.

At the MRF, all the mixed recycling is sorted and separated into different types of materials by hand or machine (or both) before being sent to manufacturers who make it into new products.

Does the UK export any recyclable material?

Countries such as China are prepared to pay high prices for recyclables such as waste plastic; mainly because they do not have readily available sources of virgin materials (no indigenous forests or oil supplies) and they have a large manufacturing industry that requires these products.

Even though exporting our recyclables means a bigger recycling loop because recyclable materials are transported further, it is still a better environmental option than using virgin, raw materials.

- It minimises the need to use our natural resources such as oil using recycled materials significantly reduces energy use and carbon emissions during the manufacturing process.
- The transport impacts are reduced because the materials are transported in container ships returning to China after bringing the goods to the UK.
- It means those materials are not being landfilled.



advice and support for older age
**Independent
Age**

Could you be a volunteer with Independent Age?

"I would love
to have someone
to come and
visit, to have a
talk like we're
talking now."



The value of volunteering

At Independent Age, our volunteers visit nearly 5,000 older people across the UK and Ireland, bringing friendship, conversation and sometimes practical help.

But we cannot help all the older people who need our support and we urgently need more volunteers in your area.

Many of our volunteers are visitors, perhaps dropping by for a coffee and chat, checking that someone is alright or arranging a trip to the local shops. Some people need more support, others less so. As a volunteer visitor, you'd be matched with an older person living near you and could fit your visits around your other commitments and responsibilities.

"Just the opportunity to have a cup of tea is important, maybe just once every three months."

The time of your life

Visiting can be a source of satisfaction, enjoyment and fun - for the volunteer as well as the person being visited. Many of the older people we support have life experiences and histories that can fascinate and enthrall. An hour or two can fly by.

As much as the visits themselves, the older people we support welcome the feeling that there is someone there for them if they need them.

"She said, 'If you need me, anytime, just give us a ring. I know you're very independent but if you do need any help, or you need to talk to me about anything, don't hesitate to give me a ring'. She's very good."



"I needed a lot of support when I moved and it was great that my volunteer was there in the background to make sure everything was OK."

Facing problems together

Of course for some of the people we support, life can get tough. A fall, the illness of a friend or just an unexpected bill can make life difficult to cope with.

"It's so stressful as you get older. And it's rather difficult to understand this, but once you're beyond 70, small things, you know a washing machine going wrong or a boiler going wrong, causes so much stress..."

If things do go wrong for the person you're helping, you won't be on your own. You'll receive training and get the full backing of one of our friendly and supportive area network and volunteer managers, and from the expert advisers in our national care services team. You'll also have the chance to share issues and concerns with other volunteers.

And we'll never ask more than you can give. You'll know that you can fit your volunteering around the rest of your life but that you'll see the results at first hand - in welcoming smiles, laughter and gratitude.

So if you think you could be a volunteer with Independent Age, why not email or call our local contact. The application process is quick and simple.

About Independent Age

Independent Age is a growing charity helping thousands of older people across the UK and Ireland to live more fulfilling lives. We are committed to making a positive impact through the 'ABC' of advice, befriending and campaigning.

We're different because our support lasts as long as it's needed - in many cases, for life.

We have around 1,200 volunteers but we urgently need more. We especially need:

- Volunteer visitors to befriend and support older people in need.

But we also have other opportunities:

- Organising volunteers (who help recruit and train volunteer visitors)
- Volunteers to help us run social activities for isolated older people
- Assessing volunteers (who talk to older people to find out about their needs)
- Volunteer events organisers.

So if a volunteer visitor isn't the right role for you, there may well be one that is. To find out more, please get in touch for a chat with our local contact, their details can be found on the back of this leaflet.



All the quotes used in this leaflet are genuine and come from people being supported by Independent Age. Photos are posed by models to preserve anonymity.

Local contact details



advice and support for older age
**Independent
Age**

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