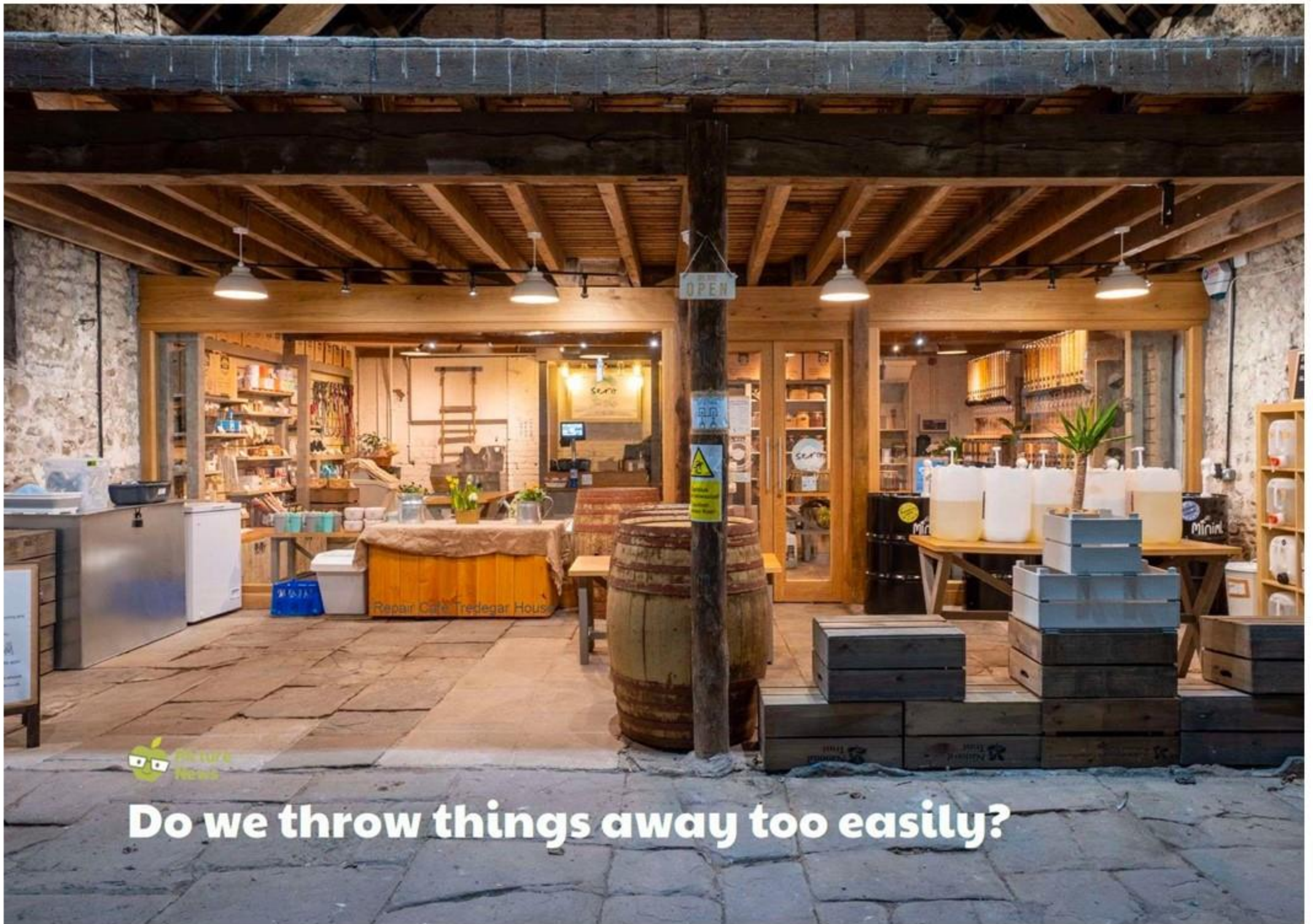


What's happening in the news this week?



Let's have a look at this week's poster!

16th - 22nd January 2023



Do we throw things away too easily?

Let's look at this week's story



Many of us are increasingly reusing, repairing, and upcycling items, instead of throwing them away and replacing with new ones, according to experts. Upcycling shop, the Repair Café in Wales believes, that because of the cost of living crisis, people are making the most of what they already have. Throwaway culture has been the norm since the 1950s but now appears to be declining.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad	angry	happy	confused	excited	worried	shocked	afraid
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified

This week's story looks at events related to ...





Read the information below about repair cafés in Wales.

What is a repair café?

Repair cafés are free meeting places, where people can repair things together. At a repair café's location, tools and materials are provided to help make any repairs needed. People bring clothes, furniture, electrical and other appliances, bicycles, crockery, toys, et cetera. Expert volunteers, with repair skills in all kinds of fields, can be found ready to help.

Visitors bring their broken items in from home. Together with the specialists, they start making their repairs in the repair café. It's an ongoing learning process. If someone has nothing to repair, they can enjoy a cup of tea or coffee or can lend a hand with someone else's repair job. There are over 2,500 repair cafés worldwide!



Repair café manager, Katie Bellaris, with tools that are available for people to use on their own repairs. **Source:** Remake, Newport

What are some of the values of repair cafés?

- Waste reduction – helping households reduce the amount they throw away.
- Sharing skills – visitors are able to sit with volunteers and learn from them.
- Community cohesion – through connecting local residents from all different backgrounds, people are able to learn from and inspire each other.

Repair café rules

1. Any work carried out is free of charge by the repair experts at hand.
2. Visitors carry out the repairs themselves, where possible.
3. Visitors can only bring one broken item per visit.
4. Donations to the café are always welcome!

Do you think it's a good idea?

Can you think of any items in your home you could take to a repair café?

Resource
one



Look at the resource below, which shares some examples of upcycled items.



An old suitcase upcycled to become a chess or draughts game. The pieces are stored inside!

Source: Louise LePierres



An upcycled plastic bottle to create a bird feeder.



An upcycled t-shirt becomes a necklace.



Old tyres upcycled and turned into planters.

Wooden pallets upcycled to create furniture.



Source:
Claudia
Zimmer

The pull tabs from drinks cans upcycled to make a handbag.

Which of these upcycled items do you like? Would you use any of them? Why?



Look at the resource below sharing some people's opinions about young people learning about repairing things.

"I think with advances in technology, things are more complicated to repair yourself. When I had my first car, I felt really confident to try different things, have a play and basically problem solve to make repairs. Now everything seems to be electrical and finding the fault is beyond my skills set."

Gemma - age 46



"I don't think young people have opportunities to learn repair skills like I did. We were taught repair skills at school and home. Throwing items away wasn't really the culture in my day, we fixed and repaired everything."

David - age 73

"There are many opportunities for young people to learn repair skills. They can learn them at school, at home and online. You can learn how to repair most things from a YouTube video. It is more about problem solving, being resourceful and being resilient. If you want to learn how to repair something, you can find out!"

Haddie - age 21

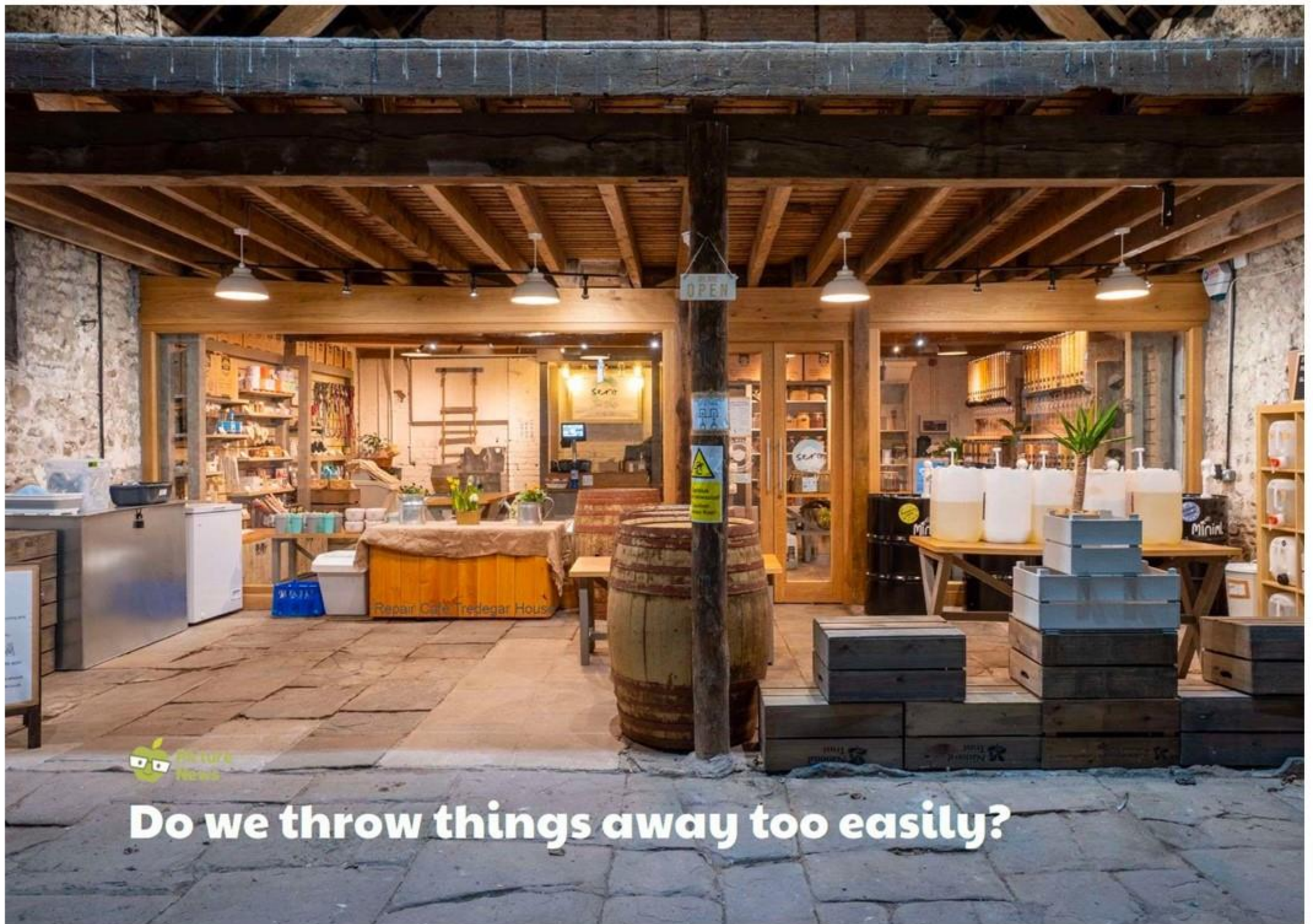
"I think learning to repair items comes with life experience. We learn to do it as we need to. Young people watch and learn from the adults around them."

Ishaaq - age 28



Making bike repairs.

**Do you strongly agree or disagree with any of these opinions?
Do you feel you learn enough about repairing items?**



Do we throw things away too easily?

Reflection



Many of the items we have can be fixed, changed, and even improved! Rather than throwing old things away, they can be given a new lease of life for us or others!





British Values



Individual Liberty

It is important to remember all our actions have consequences. If we choose to repair items, we can save money, help the environment and learn new skills.

Protected Characteristics

Some people throw away more than others because of their beliefs. Our beliefs affect our life choices and the way we live our life.





UN Rights of a Child



When adults make decisions, such as what items we should learn to repair and when, they should think about how it will affect us. They should make sure we are safe and protected.



Useful vocabulary



A new lease of life

An increase in the period for which something can be used.

Rather than throwing old things away, they can be given a **new lease of life** for us or others!

Aside from

Except for.

Aside from repairing things, can you think of any other benefits that might come from a repair café?

Crisis

A time of great disagreement, difficulty, confusion, or suffering.

Upcycling shop, the Repair Café in Wales, believes that because of the cost of living **crisis**, people are making the most of what they already have.

Culture

The way of life of a group of people at a particular time.

Throwaway **culture** has been the norm since the 1950s but now appears to be declining.

Repair

Mend or fix something that is damaged, broken, or not working correctly to a good condition or make it work again.

Do you know how to **repair** or fix things when they break?

Upcycling

Changing, decorating or repairing an item to make something more fashionable or valuable.

Many of us are increasingly reusing, repairing, and **upcycling** items.

Can you use them in your writing this week?



Wandering Walrus

An Arctic Walrus, called Thor, has become famous after making an incredible 3,000-mile (4828km) journey from his home in the Arctic Circle, that saw him swim past France and the Netherlands before visiting some English coastal towns. The celebrity walrus, thought to be the first ever spotted in Yorkshire, has now left to return to his Arctic home following an eventful few months. Thor is believed to be a healthy male aged between 3 and 5 years old. He was spotted in the Netherlands at the beginning of November and swimming off the coast of Belgium later that month. Sightings were also reported on the 18th November in Brittany, France. In December, he rested on the beach in Southampton, before swimming another 290 miles (467Km) to arrive in Scarborough. Here, he took a rest in the harbour, and was visited by thousands of well-wishers. In the New Year he continued his journey, stopping off overnight in Blyth. Experts believe he will now continue to travel north to his home in the Arctic waters. Whilst in the UK, the marine mammal has been watched over by the British Divers Marine Life Rescue (BDLMR) who have ensured that everything possible has been done to keep him and the public safe; Scarborough Council even cancelled their New Year's firework display so that he didn't become distressed whilst resting in the harbour there!



Picture: Thor the Walrus in Scarborough
Source: British Divers Marine Life Rescue
@BdmlrYorksLincs Twitter page.



Picture: Learning online. **Source:** Canva

Learning Welsh on TikTok

After recent census data showed that there had been a decline in Welsh speakers, lovers of the ancient language have been taking to social media to promote and teach it to others! Bethany Davies from Llanelli, Carmarthenshire, is a history graduate who grew up speaking Welsh after moving to the country at a young age, she says, 'I never knew anything different. I went to a Welsh cych, like a creche, a Welsh primary school, a Welsh secondary school.' She started to use Welsh on her TikTok after missing the language whilst in lockdown at university and is now sharing the joy of speaking Welsh with her 44,000 TikTok followers. Bethany has made a career out of sharing the Welsh language

and culture. It has been reported that TikTok videos are particularly good for this purpose as they are short and sweet, and creators are therefore able to engage with people more easily. Bethany's advice for anyone wanting to learn Welsh is, 'For any language the best way is to immerse yourself in it as much as you can. Just start listening to some Welsh music, watch some Welsh TV or Welsh films. Engage with Welsh media. It's meant to be fun, so don't put too much stress on yourself.' Bethany's favourite word is 'hiraeth' which she translates as being a descriptive word for 'a longing and feeling for Wales'.

Do you have a favourite word? Which language is it in?

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



18 Michelin-starred restaurants in a day

Eric Finkelstein, from New York, USA, has just set a new Guinness World Record for eating at the most Michelin-starred restaurants during a 24-hour period. The Michelin-star marathon involved eating a course at 18 different restaurants and took about 11 hours. Eric visited four two-star spots (Aquavit, Jungsik, Momofuku Ko, and The Modern) and 14 one-star locations, starting his journey at Le Pavillon, where he ate a grilled avocado salad and completing his mission with a caviar-dressed chawanmushi at Noda. He said his food cost over £400 (without any tips) and he estimates that he consumed a total of 5,000 calories! The world record was harder to beat than you might think as it's often very difficult to book a table in any of these very sought after restaurants and a rule of completing the record is that he could only move between Michelin-starred establishments using public transport or walking, meaning a lot of planning was involved before the day! When asked why he wanted to break this particular record Eric said, 'I loved the idea. It combined my loves of eating interesting food, working towards a checklist, and working towards something silly.' Eric completed the challenge on 26th October, 2022 and the Guinness World Records team have now verified and presented his new world record. This isn't Mr Finkelstein's first world record, he was previously a competitive table tennis player and holds two records: longest table tennis serve - 15.57 m and largest table tennis ball mosaic - 29.12 m².

I wonder which record he may try to break next! Do you have any ideas?



Pictured: Eric Finkelstein eating in Michelin-starred restaurants **Source:** Guinness World Records @GWR Twitter page.

Last week's topic:

Should all the energy we use be renewable?

I think we should try to be as energy efficient as possible but it isn't realistic to get all of our energy from renewable sources at this time.

Emily



It should be something that we always strive for and we all have a part to play in making that happen.

John

No I don't think it all should as not everyone can afford or have access to renewable energy.

Briony

Let us know what you think about this week's news?



www.picture-news.co.uk/discuss



help@picture-news.co.uk



[@HelpPicture](https://twitter.com/HelpPicture)



Picture News Ltd,
Colber Lane,
Bishop Thornton,
Harrogate,
North Yorkshire, HG3 3JR

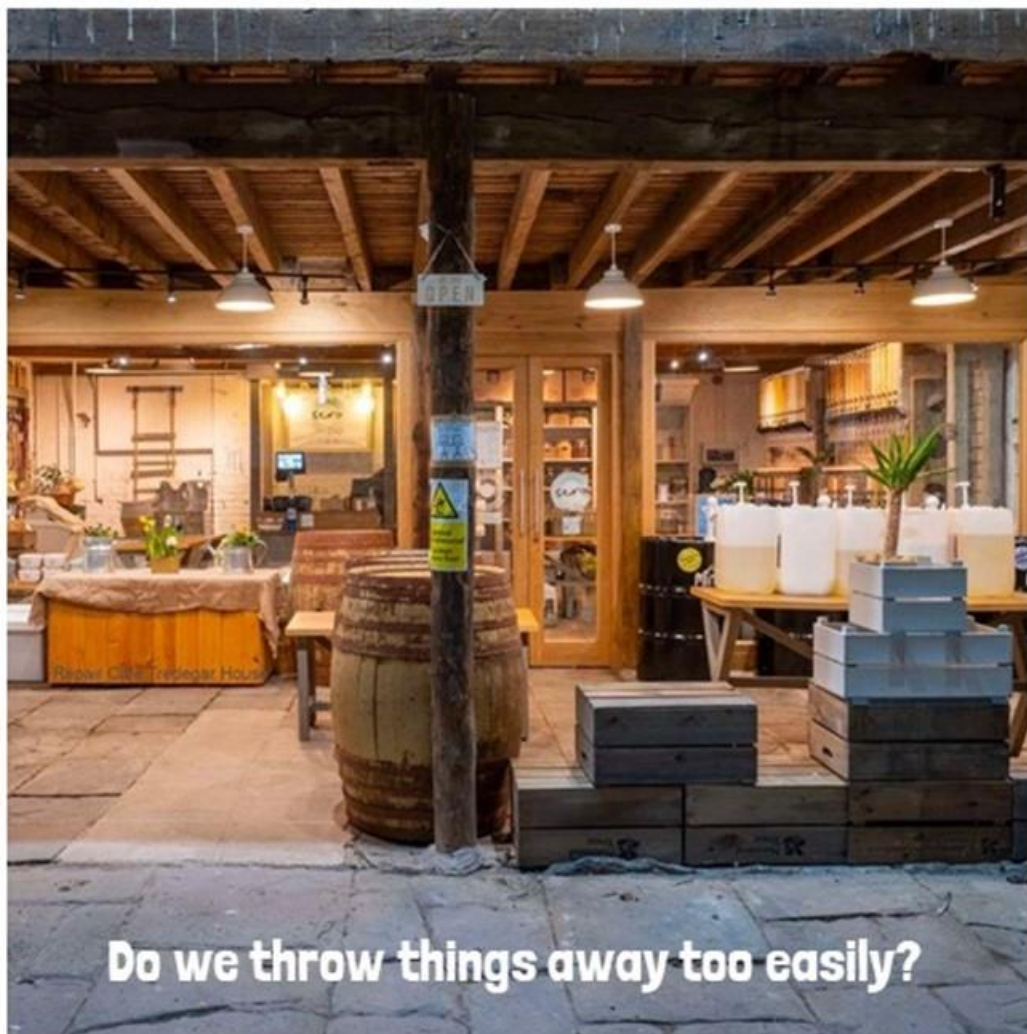
Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



TAKEHOME

16 - 22
January



Do we throw things away too easily?

In the news this week

Many of us are increasingly reusing, repairing, and upcycling items, instead of throwing them away and replacing with new ones, according to experts. Upcycling shop, the Repair Café in Wales believes, that because of the cost of living crisis, people are making the most of what they already have. Throwaway culture has been the norm since the 1950s but now appears to be declining.

Things to talk about at home ...

- Do you think repair cafés are a good idea?
- If there were a repair café near you, would you use it? What types of things might you take?
- Do you have any repairing skills? Is it something you would like to learn?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

