



SUNNY JAR
eco hub

**A social enterprise
working with communities
for a sustainable London**



**Workshops
Events
and Projects**
to inspire each other
to live
a greener, healthier
and happier life

www.sunnyjarecohub.com

Follow us for eco-friendly tips and inspiration

@sunnyjarecohub   



What we offer

Our creative hands-on eco-workshops are an excellent way to bring people together and can help to:

- Add value to staff get togethers
- Improve team creativity
- Promote mindfulness and reduce staff stress, improving the wellness of your employees
- Cultivate staff resilience, through learning new skills
- Support your organisation's sustainability strategy



We offer workshops in three areas:

- **Plastic Free Living:** How to reduce the use of plastic in various aspects of everyday life.
- **Sustainable and Low Waste Living:** How to incorporate the sustainability R's: Rethink, Reduce, Reuse, Repair.
- **Earth Friendly DIY:** How to craft eco-products and support your wellbeing.

Our workshops can be customised to suit your calendar or the theme of your event, to make them as memorable and impactful as possible.

We can help your organisation take steps towards achieving the UN's Sustainable Development Goals.

A selection of our workshops

DIY Natural Skin Care

As part of our **Earth Friendly DIY** series, this workshop is perfect for a sustainable pampering experience.

Participants will learn how to use natural and easy-to-obtain ingredients like coffee waste oats and olive oil to take care of their skin.



Waste Less Cooking

As part of our **Sustainable and Low Waste Living** series, this hand-on workshop provides participants with tips and ideas to reduce food waste and teach them simple whole foods recipes that can be easily replicated at home, such as vegetable pickles, oat energy bites and nutritious dips.

DIY Reusable Bag

As part of our **Plastic Free Living** series, this workshop teaches how to upcycle old t-shirts to make a personalised reusable bag.

Participants will be able to reduce single-use plastics by making their own bags while upcycling old clothes! No sewing required!



Workshop costs

Our prices starts at £660 for a 1 hour workshop with 15 participants. Costs vary, depending on workshop size, workshop length and choice of workshop. For a detailed quote, get in touch. We also cater for larger groups and provide all day event activities, [contact us](#) to see how we can meet your needs.

What our clients say

"It has been a pleasure to partner with Sunny Jar Eco Hub for our South Westminster BIDS virtual event series. The variety of eco-friendly workshops has gone down very well with our business members and the local community. Attendees have continued to return and increase each session which is a testament to the fantastic top tips Maud shares."

Chloe Noakes, Victoria Westminster Business Improvement Districts, Events Manager.

Maud, Linda and the Sunny Jar team have been delivering workshops and events for our clients for several years now. They have consistently delivered high-quality, interactive and impactful experiences. I really appreciate their professionalism, ease of communication, and commitment to constantly looking for ways to improve the client experience and add value. I'd recommend their services without reservation.

Alex Furrey, Zerowaste Mindset, Director

Feedback from participants

"Motivational, spiritually uplifting and so informative, has reinvigorated my zest for learning and improving myself and my habits"

"Thank you for all your work and for sharing what you know with the community!"

"I recommended you to my friends and shared the recipes"



Social Impact

As a Community Interest Company, we are committed to supporting the people and places in our local area and beyond whilst taking action to prevent climate change.

Every corporate workshop that we deliver helps to fund our community workshops in East London.

By booking a workshop with us you will be directly supporting the communities we work with!



About us

Sunny Jar Eco Hub is a social enterprise founded by Maud and Linda in 2019 and has a growing network of experienced facilitators. With their combined skills and knowledge of educating, community health, wellbeing, sustainability and the arts, our team are passionate about teaching others and showing how easy it can be to live lighter on our planet.

Our brand **Sunny Jar** embodies our values. 'Sunny' represents our hope and optimism for a greener future. 'Jar' depicts our motto of reduce and reuse.

Any Questions?

For more information on the above workshops, or if you have any questions, please contact us. We look forward to hearing from you.

✉ hello@sunnyjarecohub.com

☎ 07586 707559

📘 [facebook.com/sunnyjarecohub](https://www.facebook.com/sunnyjarecohub)

📷 [instagram.com/sunnyjarecohub](https://www.instagram.com/sunnyjarecohub)

🌐 [Linkedin.com/sunnyjarecohub](https://www.linkedin.com/sunnyjarecohub)



SUNNY JAR
eco hub

