



# The Biscuit Tin Project Kit for Facilitators

**Project webpage:** <https://www.celebrateageing.com/biscuittin.html>

**Facilitators kit:** <https://celebrateageingschool.thinkific.com/courses/TheBiscuitTin>

## About the #OldisBeautiful project

Older women make valuable contributions to our community - as leaders, CEOs, academics, mothers, grandmothers, aunts, neighbours, colleagues and friends. In Australia, most volunteers are older women<sup>1</sup> and older women make up the largest group of unpaid carers.<sup>2</sup>

Despite their contributions, older women are often devalued and experience a particularly caustic form of ageism intertwined with sexism,<sup>3</sup> resulting in significant inequalities. This includes financial hardship, for example, older women are the lowest income earning family group,<sup>4</sup> 34% of single older women live in poverty,<sup>5</sup> 60% of older women leave paid work with no superannuation.<sup>6</sup>

Inequalities also include homelessness. Homelessness for older women increased 40% between 2011-2016,<sup>7</sup> with an estimated 240,000 women aged 55+ at risk of homelessness.<sup>8</sup>

<sup>1</sup> <https://www.volunteeringaustralia.org/wp-content/uploads/Volunteering-in-Australia-Research-Early-Insights-from-the-Volunteer-Perspective.pdf>

<sup>2</sup> <https://www.carersaustralia.com.au/carers-need-more-mental-health-and-wellbeing-supports-this-national-carers-week-and-beyond/>

<sup>3</sup> <https://theconversation.com/from-cauldrons-to-cardigans-the-lurking-prejudices-behind-the-name-granny-238200>

<sup>4</sup> [https://melbourneinstitute.unimelb.edu.au/\\_\\_data/assets/pdf\\_file/0010/2437426/HILDA-SR-med-res.pdf](https://melbourneinstitute.unimelb.edu.au/__data/assets/pdf_file/0010/2437426/HILDA-SR-med-res.pdf)

<sup>5</sup> [https://melbourneinstitute.unimelb.edu.au/\\_\\_data/assets/pdf\\_file/0010/2437426/HILDA-SR-med-res.pdf](https://melbourneinstitute.unimelb.edu.au/__data/assets/pdf_file/0010/2437426/HILDA-SR-med-res.pdf)

<sup>6</sup> <https://officeforwomen.sa.gov.au/womens-policy/womens-employment-and-economic-status/superannuation>

<sup>7</sup> <https://humanrights.gov.au/our-work/age-discrimination/publications/older-womens-risk-homelessness-background-paper-2019>

<sup>8</sup> [https://www.older tenants.org.au/sites/default/files/at\\_risk\\_final\\_report\\_web.pdf](https://www.older tenants.org.au/sites/default/files/at_risk_final_report_web.pdf)

There is a need to raise awareness of contributions and achievements of older women – to build respect and combat the inequalities they experience. To address this need, Celebrate Ageing Ltd and The Older Women’s Network NSW developed #TheBiscuitTin project<sup>9</sup> and Celebrate Ageing developed this Facilitator’s Kit to enable licensing and replication by others.

The biscuit tin is an iconic symbol of nurturing across cultures and is not limited to women with children. The focus on biscuit tins celebrates the important role women play as carers and nurturers – as well as their other contributions. Older women told us they wanted all their contributions to be recognised, including their role as nurturers and care givers.

A significant output from workshops with older women is portraits of older women holding a biscuit tin. Portraits are inscribed with a list of the woman’s contributions.

The 2024 pilot workshops were led by Celebrate Ageing Ltd and supported by Elder Rights Australia and Whitehorse City Council. Evaluation of the workshops showed average ratings of 6.7 for relevance and 5.8 for new knowledge and skills (on a scale of 1-7, with higher scores indicating greater relevance and learning). Additionally, 83% of participants said they would change something as a result of participating.

This document provides an overview of the project and outlines the kit.

### **Aims and objectives**

The overall aims of the project are to: raise awareness of the inequalities experienced by older women and to promote equality and respect for older women. To achieve these aims, three activities are undertaken:

- Documenting older women’s stories: working with older women prior to the workshop to document their biscuit tin stories, their contributions and achievements and the ways they experience respect
- Facilitating workshops for older women: exploring how older women are represented in popular culture, sharing and celebrating older women’s contributions and strengths, identifying how respect is shown, identifying ‘strong words’ that help to empower older women, photographing older women with their biscuit tins
- Disseminating images and stories: collating the stories from older women (biscuit recipes, their contributions and experiences of respect) and photographs into a *Recipes for Respect* resource for the local community. Exhibiting the images and launching the images to engage the local community.

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<sup>9</sup> <https://www.celebrateageing.com/biscuittin.html>

## **Kit Inclusions**

The Kit includes all the resources needed to host #TheBiscuitTin workshop for older women, including:

- Background: theory, project outline, stories from the pilot projects
- Artwork: logo for #TheBiscuitTin and artwork guidelines
- Recruitment: tips on recruitment
- Consent: information sheet and consent form for participants
- Photographer agreement: briefing information and agreement
- Workshop guidelines: running sheet, suggested activities, tips
- Evaluation: why, how and what to evaluate - and evaluation forms
- Recipes for respect: how to document a resource for local community
- Dissemination: how to share your project with local community.

The Kit also includes a 12-month license to host #TheBiscuitTin project in your community. Resources are downloadable so they can be localised to your community. Please contact us for further information.

## **License agreement**

Celebrate Ageing develops kits for service providers and groups to help accelerate the pace of change. We charge a small licensing fee for use of the kits – to help fund the work we do. We don't have core funding to help us continue this important work, we ask that participating services/groups don't share the Kit.

## **Duration**

- Two hour workshop and photoshoot
- Documenting participants stories prior to the workshop

## **Evaluation**

- Post workshop evaluation of relevance, learning and outcomes
- Feedback from community at launch events

## **Suitable for**

Anyone who works with older women or wants to help build respect for older women

## **Cost**

- \$1,440 (for one year)
- Access starts immediately after your purchase is made

## **Reviews**

- *Appreciated meeting with such dynamic interesting women making a difference in the community*
- *The workshop was enlightening*
- *Great initiative, pleased to be involved*
- *Well constructed. Thoughtful (respectful!)*

- *As a 76 old single woman, I found the [workshop] a very safe and informative place to meet with other women and share our concerns*
- *This was a fantastic [workshop]. I hope we have more of them in the future*
- *I am so glad and happy that we have the opportunity to work, learn, debate, share, connect and discuss better ways of working together*
- *Most of my women friends 'don't like getting old' and don't really identify ageism when it occurs.....so it is nice to hear people's experiences of ageism and their understanding of this embedded cultural phenomenon*
- *I thought the [workshop] was fantastic and I learnt a lot from the session*
- *The [workshop] reinforced my own beliefs about gender inequalities in older women and the need for older women to unite and speak up.*

### **Acknowledgements**

Special thanks to Elder Rights Australia and Whitehorse City Council for supporting the project pilots.

### **About Celebrate Ageing School**

Celebrate Ageing Ltd is a charity established in 2013 to combat ageism and build respect for older people. The Celebrate Ageing School offers online activities, kits and courses that are evidence based, innovative, multimodal, practical, and coproduced with older people.

Education is available to support individual learners, groups and learning facilitators. A small fee to access the education enables us to continue our important work.

### **In the media**

Thank you so the journalists who covered the launch of #TheBiscuitTin project. We greatly appreciate your support.

