

# Seniors

## A LICK OF PAINT



GET INVOLVED



1 HOUR +



PREPARATION  
NEEDED

### AIM

It's amazing what a new coat of paint can do to a room. Transform a room at your meeting space with a lick of paint, helping to give something back to your Church / location that you meet.

### WHAT YOU'LL NEED

► [Painting & Decorating Resources](#)

# GET INVOLVED: A LICK OF PAINT

THEME: HELPING OTHERS



## LEADER PREPARATION

A leader will need to help facilitate discussions between the Seniors and the Church to find a suitable room to paint and the conditions of doing so (i.e. colour choice, access to rooms etc). A leader will also need to ensure appropriate equipment is being used and safely.



## GETTING INTO THE ACTIVITY

- 1 Identify the Space.** The first thing you'll need to do is find a suitable space that could benefit from some decorating and that you think is achievable to take on as a group (i.e. not too big).
- 2 Seek Permission.** Once you've identified a room you'd like to paint, you now need to ask the appropriate people if you can do it. Consider how you will approach the decision makers and ensure you explain why you want to do it (i.e. to give something back, to develop skills etc).
- 3 Decide on Colours.** You'll need to think about how you'd like to decorate the room. What colours will you go for? Will it be a case of just updating the existing colour scheme or going for something completely new? You'll need to get the colour choice confirmed with the building owners before you start painting.
- 4 Set a Budget.** Paint and brushes etc cost money. What equipment will you need and who is paying for these costs? Your BB group, the building owners or a combination of the two? If money is tight, consider seeing if you can get paint donated by businesses / individuals or if you could put on a fundraiser to help generate the money needed.
- 5 Help and Support.** Do you need any help and support during the decorating? If the group know any leaders who have decorating experience, consider inviting them along to help show you what you need to do and give you some tips and advice on doing the job to a high quality.
- 6 Health & Safety.** Before starting the work, you'll need to consider any health and safety factors. Things to consider might include making sure the room is well ventilated to remove paint fumes, using extendable rollers rather than step ladders, sheets to protect the floors and old clothes to protect you. Work with a leader to create a risk assessment.
- 7 Get Painting.** You're ready to go! Enjoy transforming a room and making it look fresh and new again. As well as giving something back to your meeting space, you'll also be developing important life skills too!



## IDEAS TO TAKE THIS FURTHER...

If you're not able to decorate a room at your meeting space, consider asking a local community centre, library, another Church etc.



## KEEPING EVERYONE SAFE

A risk assessment must be completed before the activity can begin. Consider the issues mentioned on the card as well as other safety issues that arise in the space you are decorating.