

The Biscuit Tin Workshop

Participant information

 Lancelin Community Resource Centre  Wed 22 October 2025  10am – 12pm

Thank you for your interest in #TheBiscuitTin workshop. Your participation will help us to build respect for older women and combat the inequalities they experience.

Older women make valuable contributions to our society as leaders, CEOs, academics, carers, mothers, grandmothers, aunts, neighbours, colleagues and friends. However, these achievements and contributions too often go unrecognised and undervalued.

To help raise awareness of older women's contributions and achievements #TheBiscuitTin project shares portraits of older women with a biscuit tin. The portraits celebrate the important role women play as carers and nurturers. Alongside the image will be a list of other contributions and achievements.

The images will be shared through social and other media, and we will produce an online book called Recipes for Respect. This 'recipe book' will include the photographs of each woman who participated, along with their reflections on how respect for older women is shown. We would also like to include some biscuit recipes in the book.

You don't need to have a biscuit tin or bake to participate. Let us know if you would like us to get a tin and some biscuits for you.



Penny

Dementia advocate, Board member, Grandmother, Educator, Mother, Writer.

What you will be asked to do before the workshop?

- ✓ **Contact Hazel McKenna on 0457 322 798** or drop into the CRC to book a place in the workshop and to make a time for a phone call or in person interview
- ✓ Sign the consent form attached and return it to Hazel McKenna at the CRC
- ✓ Participate in a phone call or in person meeting to talk about: your biscuits and tin, your contributions and achievements and how respect is shown to you as an older woman
- ✓ Review a copy of the notes from the phone call (we will email them to you) and make any changes you want to make
- ✓ Share a biscuit recipe with us.

What you will be asked to do at the workshop?

- ✓ Attend the workshop and bring a biscuit tin and some biscuits with you (please let us know if you need some help to do this)
- ✓ Discuss the ways older women are represented in popular culture
- ✓ Discuss the achievements and contributions of older women
- ✓ Discuss the ways respect for older women is shown
- ✓ Have your photograph taken with your biscuit tin
- ✓ Pick a word that describes a strength you have.

The photographer will select a photograph that has the best composition (most powerful) and you will be given an electronic copy. Please note photographs may be taken with the lid off the biscuit tin.

The workshop has been developed by Celebrate Ageing Ltd, a charity combating ageism and building respect for older people.

Check the project webpage:
www.celebrateageing.com/biscuittin



For more information

If you want any more information about the project or have any questions, please contact:

Hazel McKenna, Program Manager
Specialist Supports, Advocare.

☎ 0457 322 798

✉ Hazelm@advocare.org.au

Advocare
Empowering older people in WA

How will the information I share be used?

Sharing will include social media, newsletters or emails to the local community and through the webpages of the project partners. It may also be shared with the media. Your image will not be used for any purpose other than The Biscuit Tin project.

The images will be shared publicly after the workshop and we ask that you do not share anything publicly beforehand.

Copyright and ownership of the portrait is retained by Advocare or the photographer to be agreed at a later date. The portrait provided is for your personal use only, it cannot be sold for profit or used for promotion in any context beyond The Biscuit Tin project.

What if I want to withdraw?

Your participation is entirely voluntary and you have the right to withdraw from the project and to ask that your photograph and story are not used in the project. You will need to inform us within two days of being shown your image.

There will be no adverse consequences, disadvantages or penalties if you decide to withdraw. Please notify Hazel McKenna by email or telephone that you wish to withdraw your consent.

For any enquiries

If you have any questions about this project, you can contact Hazel McKenna, Program Manager Specialist Supports, Advocare.

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