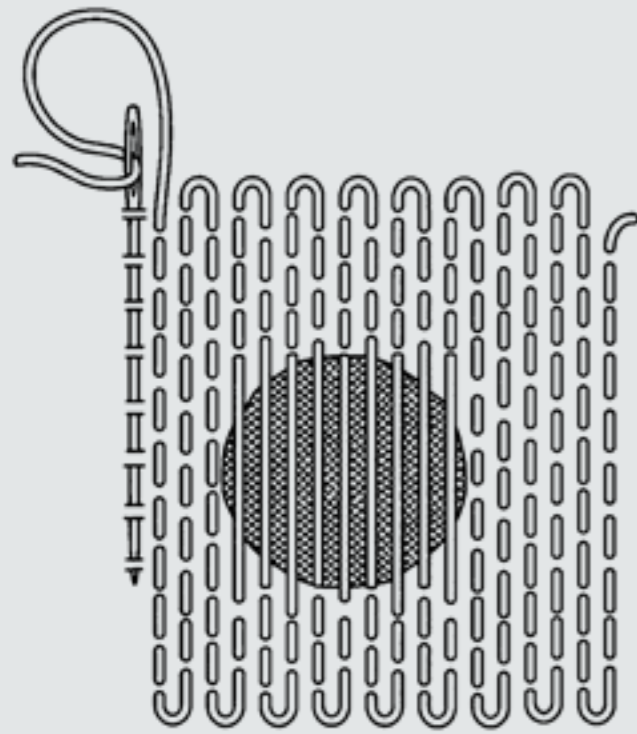


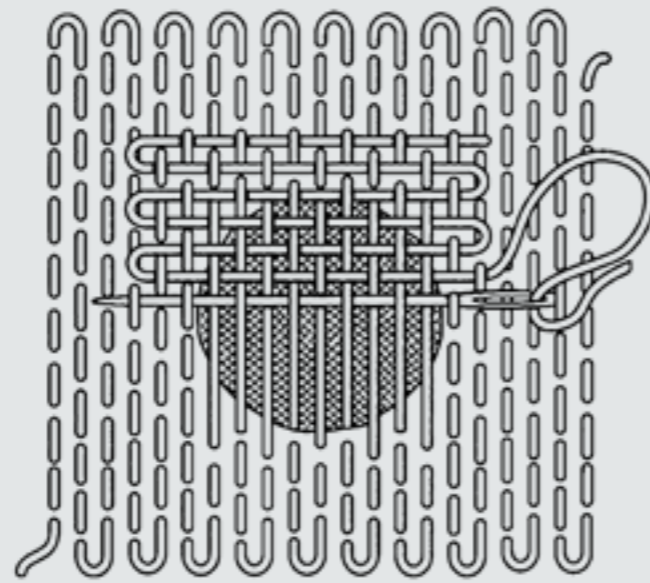
## HOW TO DARN AND REPAIR A TEAR

We've all experienced the disappointment of an accidental rip or tear in our garments, and of wear-and-tear in woollen clothing. Wollen items often wear out in vulnerable places, like elbows on jumpers and heels in socks. Instead of just disposing of a torn or worn item that could otherwise have more life in it, try mending it with this simple darning method. The repair can either be made in the same coloured thread as the item in order to make it as invisible as possible or it can be made with a contrasting yarn to purposefully allowing it to be 'visible'.

It's often best to lay out the area so it's as flat as possible to work on. For socks 'especially' they need a ball or mushroom shaped pad or wood block to form the curve of the heel over. You can simply roll up another old sock for this purpose and stuff it inside the sock you're going to darn. Be sure not to sew into the rolled up stuffing sock when you're darning your repair!



Darning step 1



Darning step 2

There's a huge resurgence in mending clothes and this is a very basic method. For more intricate and fancy ways to darn holes, visit these websites;

[www.youtube.com/watch?v=w4MTfJuFEP0&t=2s](https://www.youtube.com/watch?v=w4MTfJuFEP0&t=2s)

[www.rhinesitic81.blogspot.com/2015/05/making-good-weaving-embroidery-mending.html](http://www.rhinesitic81.blogspot.com/2015/05/making-good-weaving-embroidery-mending.html)



## Designing a Sensibility for Sustainable Clothing



Make-Do-And-Mend



## S4S – DESIGNING A SENSIBILITY FOR SUSTAINABLE CLOTHING

**'S4S – Designing a Sensibility for Sustainable Clothing'** is a ground breaking collaborative research project funded by the **Arts and Humanities Research Council**. It is co-hosted by academics from the Department of Politics at the **University of Exeter's** Environment and Sustainability Institute (ESI) in Penryn and the Fashion Department of the School of Art at the **University of Wolverhampton** in the West Midlands.

The **collaboration** has involved **community spaces, NGOs, local clothing brands, local designers and crafts people, film-makers and members of the public**. Between February and October 2018, it engaged **fifty members** of the public in **Cornwall** and the **West Midlands** in a series of **workshops** making fabric, and making, mending and modifying clothes.

A range of **innovative social science and arts methodologies** have been used to explore whether these **workshops** have **encouraged people to think, feel and act more sustainably in relation to clothing**. This set of leaflets shows a snapshot of the processes and outcomes from our **workshops**.

## MAKE-DO-AND-MEND

The focus of this series was to provide the participants with more hands-on making skills. With the familiar war-time edict of the title, the sessions, namely crochet, darning, appliqué and domestic sewing machine techniques were delivered with a view to enable the group to make and mend clothing. To launch the series, a reflective discussion about participants' memories of making and mending allowed everyone to locate which generation and family member kept the legacy of domestic textile skills alive.

The workshops were hosted by a variety of experts, allowing for a broad range of methods to be shared and learned and began with an introduction to crochet with Caroline Bawn, owner of 'Gorgeous Yarns', a local business selling bespoke woollen items. During the second workshop, dressmaker, Becky Cottrell-Jury introduced the group to using domestic sewing machines. Threading, bobbin winding and sewing seams allowed the group to begin to make and adapt existing clothing into new up-cycled garments. Following a talk about setting up a bespoke re-cycled garment business with Pheenix Bird, the group began a two-part workshop with embroidery and embellishment expert Sarah Stone.

***'It was an old neighbour who I loved like... like she would be my Grandmother. She was also the woman who showed me how to put thread into the sewing machine. So, if it is a small thing I fix it; if it is a big I usually reuse it or recycle it – upcycle it. And or also I just keep it for a time when I will feel I will want to use it. So, from old trousers I might make bags and things like that. From bedding I like to make dresses - and, yes, from everything it's possible to make something new'.***

Again, as with the knitting workshops from the previous series, the majority of the group had never crocheted before. As beginners with little skill, crocheting received mixed response from the group. As with all new processes, everyone has a different way and pace of learning. New vocabulary, tools, hand gestures and movements combined to make a challenging but rewarding workshop. The sewing machine sessions evoked much surprise amongst the group as their confidence in making soared. With Sarah, the darning, embellishment and appliqué demonstrations added to this and culminated in the group co-designing and creating a brand-new dress made from combining the fabrics from two old dresses. Together with some 3D floral decorations and a fetching pill-box hat made by Sally, an experienced maker, the outfit was complete!

**Website:** [sites.exeter.ac.uk/s4s](https://sites.exeter.ac.uk/s4s) - **Twitter:** @S4sSensibility - **Instagram:** s4s\_sensibility - **Facebook:** <https://www.facebook.com/S4sSensibility> - **S4S Shropshire and West Midlands:** <https://www.facebook.com/S4sStitchedup>