



December 2020



Hope & solidarity live sew-along

A monthly textile workshop by People's History Museum (PHM) and artist Helen Mather. Learn new techniques and discuss the issues that matter to you.

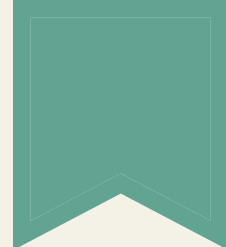
This resource is designed to help you get ready for the workshop, to provide inspiration and ideas for creativity online and at home.

Recommended for 11+

(under 18s must have an accompanying adult present during the session)

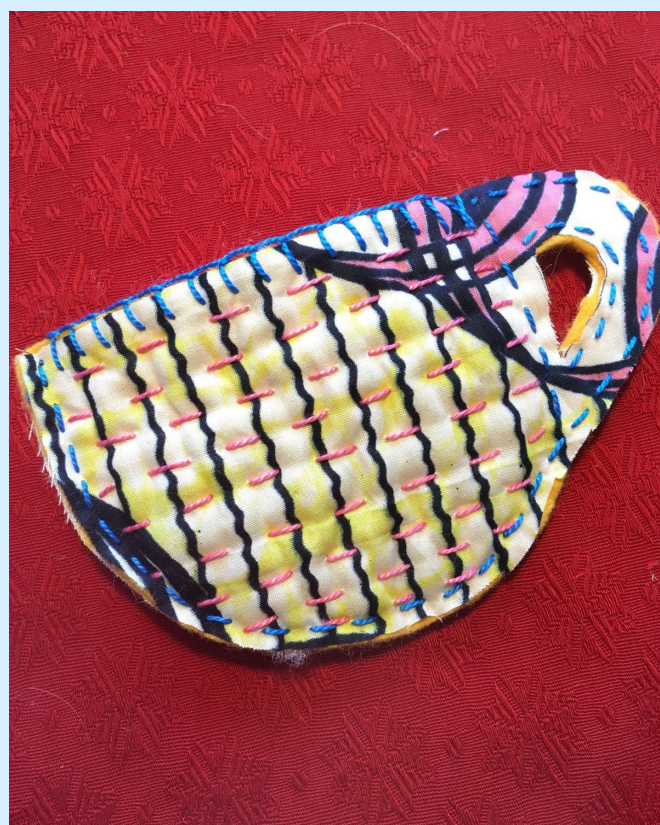
[#fabricofprotest](https://twitter.com/fabricofprotest)

[phm.org.uk](https://www.phm.org.uk)



This month's session will be a live sew-along. We will be stitching a gift for someone you know or want to reach out to with a message of hope or solidarity.

We will be making a quilted cup of tea 'brew with you' with a message inside. You could use this idea to make a different shape; something more relevant to you.



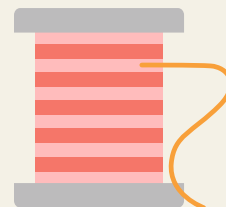
This resource highlights some of the ideas and techniques that will be explored during the online Zoom session and will help you to prepare and think about your creation.



Materials

Gather some materials from around your home.
Here are some suggestions:

- Fabrics: **four pieces of fabric (around 15cm square)**
- Threads: **embroidery thread**
- Sewing needle & pins
- Scissors: **fabric and paper scissors**
- Paper and pen
- Two small pieces of wadding or batting (if you don't have this you can use felt or thick fabric)



Message of hope & solidarity



Before the session you could:

Think about a message of support you might want to send to someone you are not able to see.

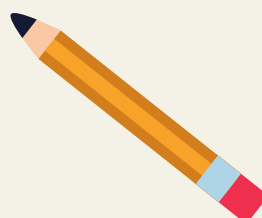
A message of thanks to someone who has helped you through this time.

A message of hope for the future.



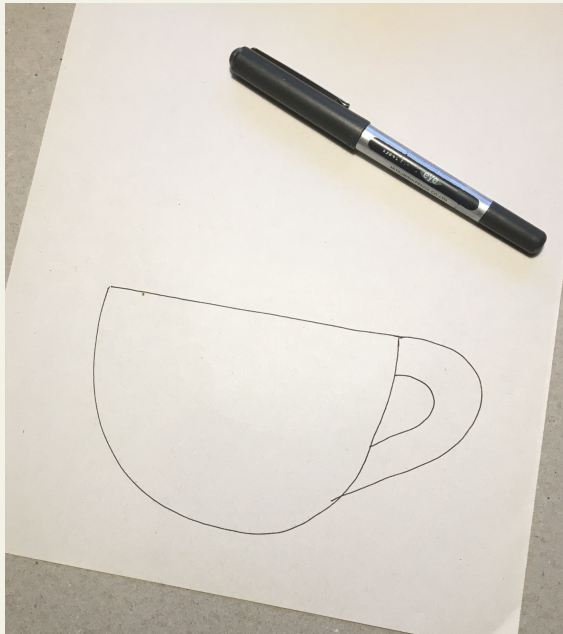
You may want to start sketching out some of these ideas; if that helps you develop your thoughts.

During the session Helen will give a live demonstration and sew-along and you can follow the steps.

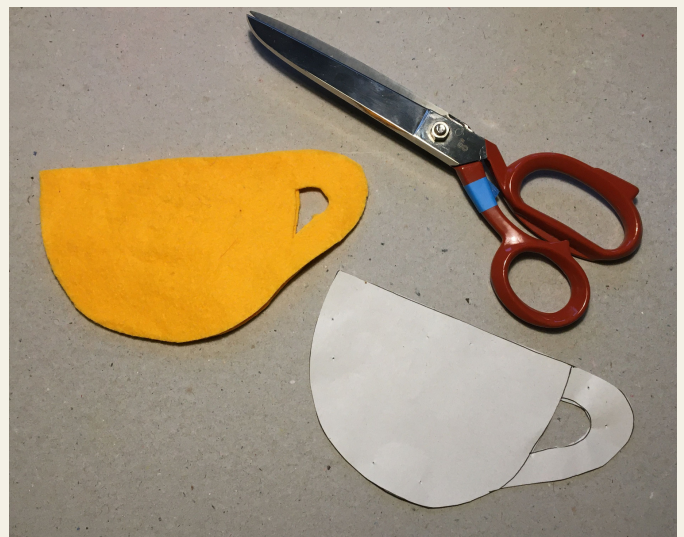


Starting off

Draw a template onto paper, make a semi circle for the shape and a handle on the side (not too thin). Next cut out the template. As a guide, this whole template is about 8cm x15cm.



Pick out four pieces of fabric, pin on the template and cut around it on all four pieces. You should have two pieces of fabric for the inside and two pieces for the outside. (You could cut two at a time).

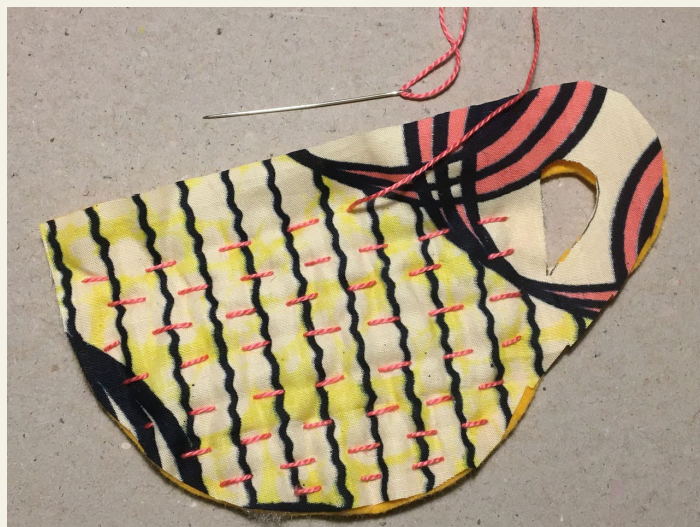


What you'll be stitching

Cut out the wadding or batting for quilting. If you don't have either, you can use felt or another piece of thick fabric (the thicker the better). Roughly cut out two pieces, that are slightly smaller than the cup shape.



Place one of your outer fabrics, wadding inside, and one of your inner fabric pieces together. Pin the three layers together and then use stitches to quilt them together.



Your stitches could be lines of running stitches, scattered stitches known as 'seed' stitches or any other pattern you want to make. Repeat again on the remaining fabric.

Stitching your words

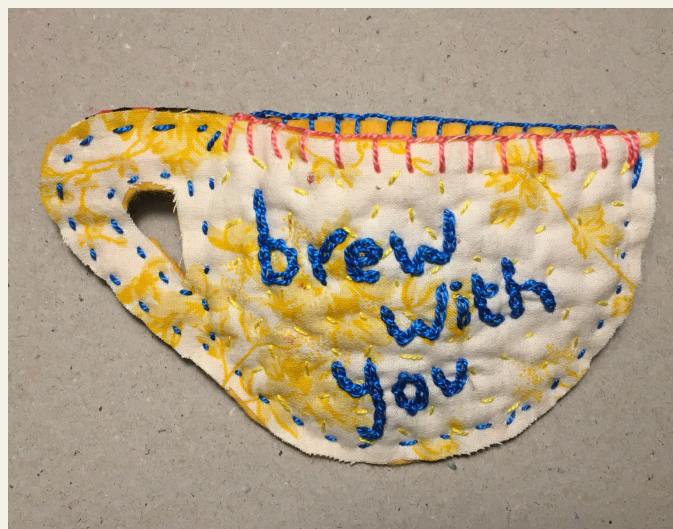


You should now have two separate quilted pieces. Choose one side for your message.

Write your message in pen and then stitch it onto the fabric. We used chain stitch here but you could use back stitch or crouching stitch instead.



Attach the the two pieces together, with a short running stitch all the way around and leave the top open.



Use a blanket or running stitch along the top of the cup to finish it off.

Finishing your piece



Pop a tea bag and note into your cup and post this to the person you want to connect with.

Thank you from PHM



Thank you for joining The Fabric of Protest workshops this year and sharing your work with us.

We know that 2020 has been a difficult year, but it has been lovely to continue to connect, stitch and share ideas with each other.

We look forward to creating The Fabric of Protest together again in 2021.

Join us on Zoom to get creative

All you need to do now is book onto the online Zoom session, bring a cuppa and join artist Helen Mather for an hour of stitching, chatting and sharing inspired by the ideas in this resource.



This month we'll be online on
Saturday 12 December 2020
2.00pm - 3.00pm.



Share what you have created!

We would love to see what you have created!

We plan to bring together photos of participants' creations to make a digital patchwork banner.

If you use social media, please share photos of your creations using #fabricofprotest.



@PHMMcr



@phmmcr



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Or if you prefer, you can email
a photo of your creation to
learning@phm.org.uk