



The Fabric of Protest



May 2022

**Create a keyring with a message of support
for Mental Health Awareness Week**



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 introduces some of the ideas and techniques that will be explored during the in-person workshop on Saturday 14 May 2022. Use it to prepare for the workshop or as inspiration for your own textile projects.

Recommended for 11+ (under 18s must have an accompanying adult present during the session).



#FabricOfProtest
#MentalHealthAwarenessWeek
#IveBeenThere
phm.org.uk



Mental Health Awareness Week

In this month's workshop we are linking to Mental Health Awareness Week, taking place between 9 - 15 May 2022.

This year the focus is the experience of loneliness.



Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness

#IveBeenThere

The Covid-19 pandemic has exacerbated feelings of loneliness, isolation and the ability to connect with others. Raising awareness of the impact of loneliness and finding ways to reduce it is a major step towards creating a mentally healthy society.

Inspiration


We will be taking inspiration from this Blackburn Youth Service girls' group International Women's Day banner, 1988 in the museum's 2022 Banner Exhibition.

The banner was created by a group of young women including young mothers, women excluded from school and sex workers. They worked with banner maker Sarah Jay from Action Factory Community Arts.

The unusual shape of the banner was inspired by the idea of two women's hands joining across the globe.



Blackburn Youth Service girls' group International Women's Day banner, 1988. Image courtesy of People's History Museum.



The theme of Mental Awareness Health Week 2022 is loneliness. This banner represents a shared vision of unity, and is an example of how connecting with others can enhance our lives, and inspire social change.

Banner description

The banner is circular and divided into four sections, with a painted earth in the centre. Reaching across the earth are a white and brown hand joining, each wearing bracelets. Clockwise from the top, the first section is gold and four women wearing different cultural clothes hold up flags together with the words 'unity' and 'together'.

The second section has a black background with a yellow streetlight. A view of the back of a woman, her shadow, road markings and the words 'nights are for women too' are stitched on top.

The third section is sky blue with a rainbow across it; the word 'peace' and a dove are stitched on top. Two women stand either side of the rainbow holding their arms upwards. Around their feet are red poppies.

The fourth section is dark blue with yellow strips dividing it. The words 'activities, self help, caring, sharing, listening, assertiveness' spread across it. A woman with a book is sitting in a wheelchair opposite another woman sitting on a chair holding a baby, the words 'we can support each other' are above them. Below the women is the female symbol, held up by a white and black hand and the text 'W W Centre' within it. The banner measures 3,515mm wide x 3,440mm high.



Keyrings with messages of support



We will be making keyrings with a stitched message of support and understanding to reach out and connect with people who may be feeling isolated or lonely.

Using touch to connect through the senses, the keyrings will be made from soft, furry and textured fabrics.

The keyrings can be given out to people you know in your community, or left in the museum for people to take as everyday reminders of the need to connect with each other.

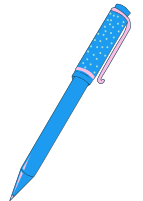
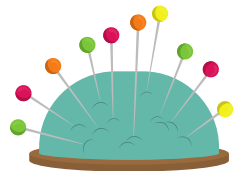


Materials



These are the materials that you will need to create your keyring. If you are attending the session at the museum we will provide these materials.

- Textured soft fabrics
- Ribbons
- Buttons
- Keyrings
- Embroidery threads / needles / pins
- Pens
- Paper
- Beads / sequins
- Scissors / pinking shears



Choose your materials and message

1

Choose a range of materials to make your keyring: one plain fabric, one fabric for your message, some ribbon, a button and a keyring.

2

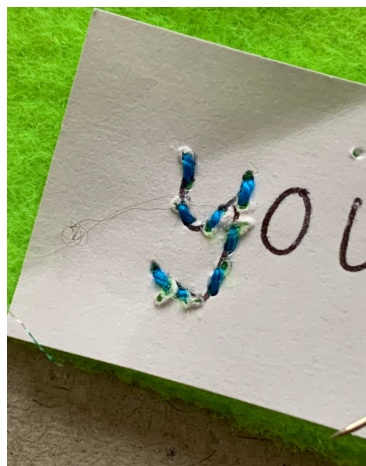
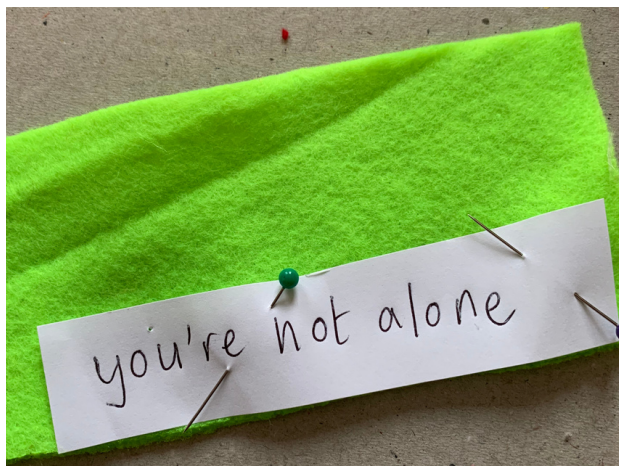
Think about a message you want to stitch. How could you reach out to someone who is feeling isolated or lonely?

If you are attending the museum session you can choose to either use a printed message or stitch your own message.



3

You can stitch your own message by writing on paper and stitching through the paper onto your chosen fabric. The paper can be torn away when the stitching is finished.



If you are attending the museum session you can choose a printed message and stitch over the letters.

Or keep the message as a print and decorate around the wording with stitching, beads or sequins.



Assemble your keyring

4

When you have finished the message, cut your fabric into long strips using pinking shears then pin your two fabrics together.



5

Wrap a ribbon over the keyring and over the fabric, sandwiching the fabric together. Pin in place.



6

Thread a needle and secure either with a knot or a few stitches on the back of the keyring, through the ribbon.



7

Bring the needle through the layers to the front and through the holes of your chosen button.



Finish the keyring

8

Fix the button to the keyring by stitching through the holes and back through all the layers of fabric, back and forth until it feels secure. Take out the pins.



Find out more

Use the links below to find out more about Mental Health Awareness Week.

- Learn about [Mental Health Awareness Week 2022](#).
- Explore the Mental Health publications on the [Mental Health Foundation website](#).
- Read the [Mind charity webpage](#) explaining loneliness, including the causes of loneliness and how it relates to mental health problems. It gives practical tips to help manage feelings of loneliness, and other places you can go for support.

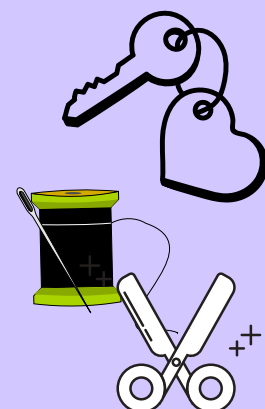
Join us at the museum to get creative!

If you would like to join artist Helen Mather and others to stitch, chat and share ideas inspired by this resource, book onto the workshop at the museum.

This month we will be in-person at the museum on **Saturday 14 May 2022**. There are two sessions taking place on this date.

12.30pm - 1.40pm

1.50pm - 3.00pm



Share what you have created

We would love to see what you have created!

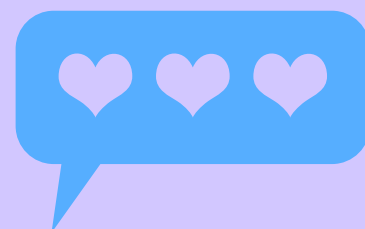
If you use social media, please share photos of your creations using #FabricOfProtest

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#IveBeenThere



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



@PHMMcr



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