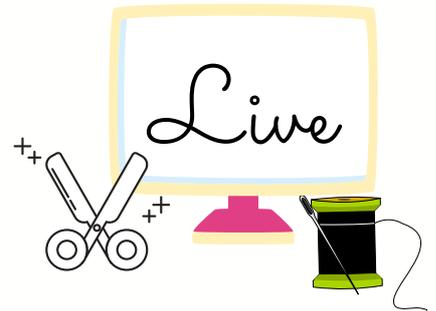




The Fabric of Protest

November 2022

Create a patchwork square using strips of fabric



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 online workshop on Saturday 12 November 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 #UKDHM #NothingAboutUsWithoutUs
phm.org.uk



Inspiration

In this month's workshop we continue to take inspiration from the Nothing About Us Without Us banner in the museum's 2022 Banner Exhibition.

The banner was made by six learning disabled textile artists for an exhibition at PHM in 2015.

The artists sent red patches out to other disabled artists across the UK who drew and stitched on their names. They were then sent to arts group Venture Arts, where they were brought together to form this banner.

The red and gold colours represent ambition and courage.



Nothing About Us Without Us banner, 2015.
Image courtesy of People's History Museum.

Banner description:

The banner is made of small hexagons of varying shades of red in different fabrics, stitched together in a patchwork. The words 'NOTHING ABOUT US WITHOUT US' in gold lame fabric are across the top half of the banner. Below these words, two lines of gold hexagons are sewn on alternate patches. Sewn onto the first line of gold hexagons are the words '20th anniversary' with the words 'Disability Discrimination Act' sewn onto the second line of gold hexagon. The banner is 1,190mm wide and 1,880mm high.

What will we be making?

As part of PHM's Nothing About Us Without Us (NAUWU) co-curated programme of activity exploring the history of disabled people's rights and activism, we will begin to look at disability rights and the issues facing disabled people in the UK. We will have an introduction to the upcoming NAUWU exhibition that opens at PHM on Wednesday 16 November 2022, from one of the exhibition's Community Curators.

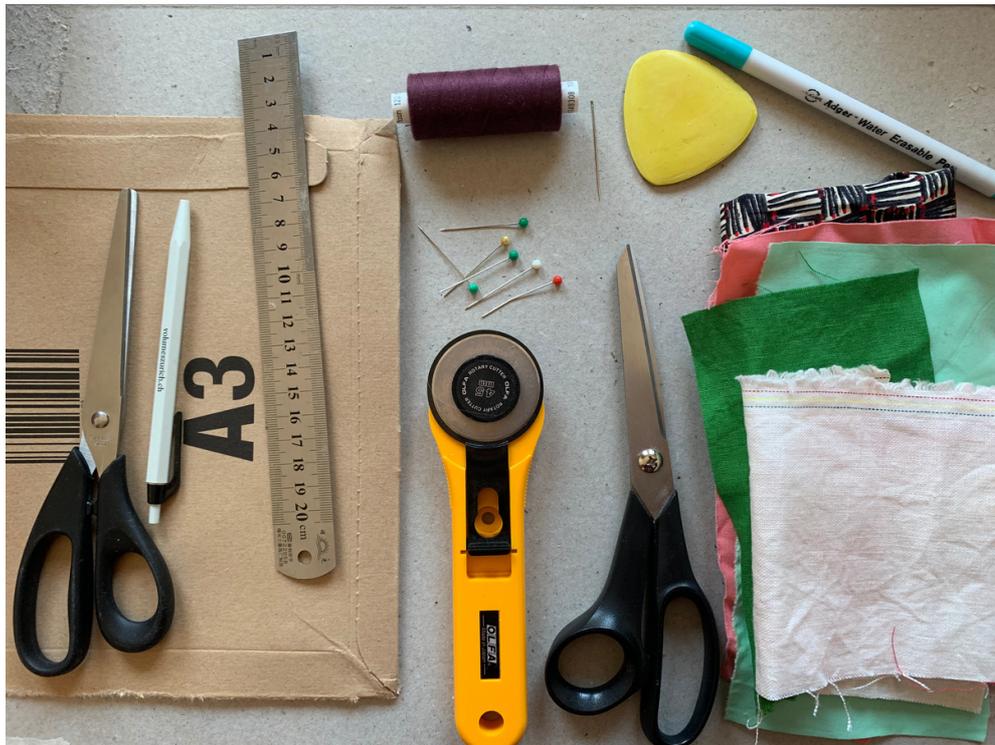


Patchwork is a great way to use up scrap materials, but it also can be a way to make us think about things that need to be fixed in our society, and the idea of social responsibility.

In this month's workshop we will be learning to make a patched block or square using strips of fabric. These strips when put together make a visual representation of barriers to access that create disability.



Materials



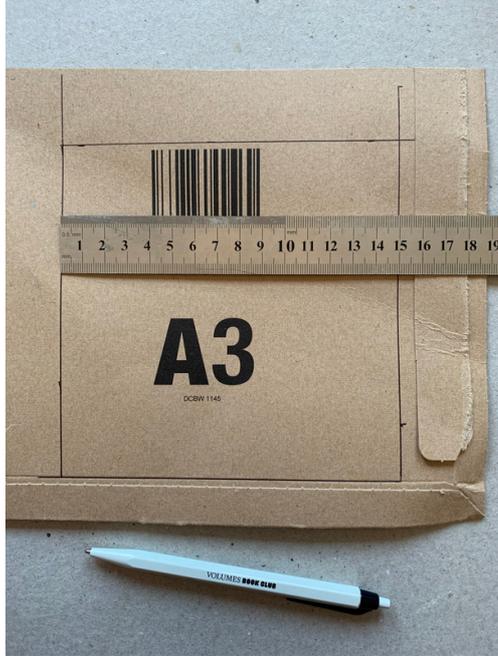
Materials will you need:

- Card or cardboard (you can reuse scrap such as a cereal box) to fit 15cm X 15cm
- Fabric scraps to make strips (minimum 15cm in length)
- Fabric scissors or rotary cutter and cutting mat
- Something to mark a line on fabric
- Sewing thread, needle, pins
- Ruler, pen or pencil, paper scissors



Make a template

- 1 Make a template using the card, by measuring a square 15cm x 15cm.



Cut your strips

- 2 Cut four to six strips of fabric in a variety of widths (for example from 1.5cm to 4cm).

Make sure the strips are longer than 15cm.



- 3** Using the template, mark 15cm length on all the fabric strips to make sure they are all the same length.



Stitching your strips together

- 4** Line up two strips, right sides together, along the long edge and pin in place.

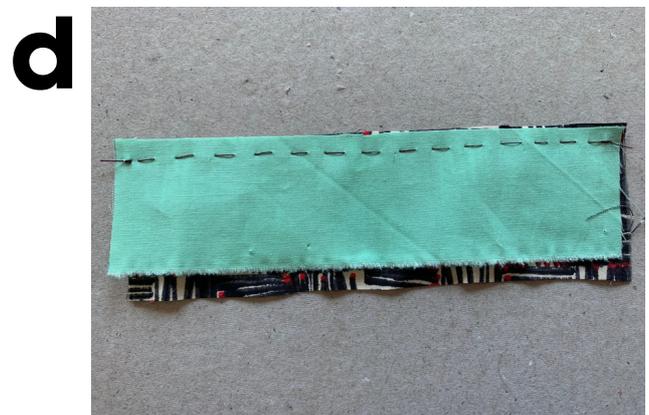
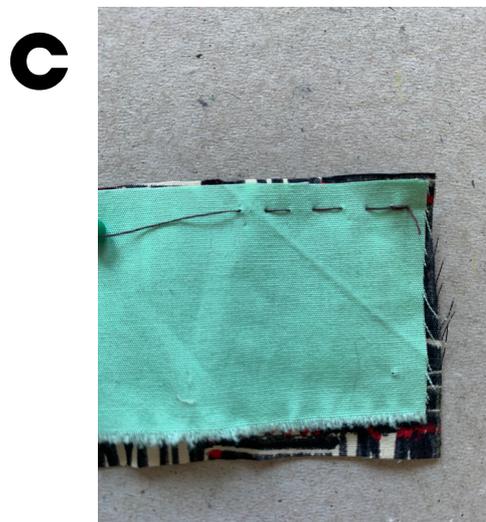
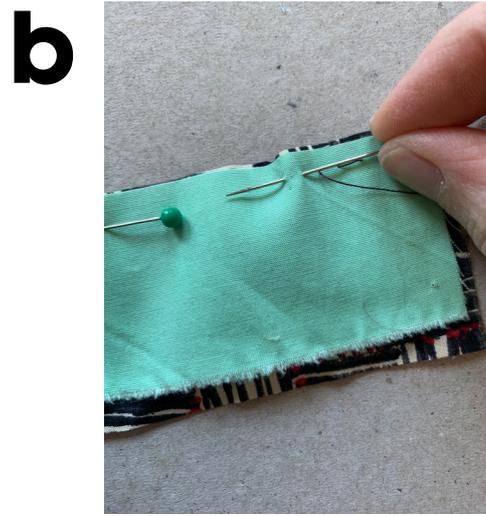
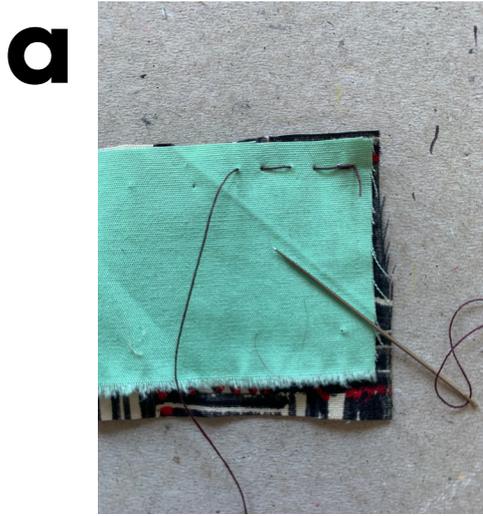
When you put the right sides together to make a seam, the fabric opens to hide the seam at the back.

The 'right side' of the fabric is the side that you want to see on top.



5 Using a running or straight stitch, attach the two strips together about 0.5cm from the edge.

A running stitch is a line of stitches that run in and out of the fabric all at once. Push your needle in, out, in, out and pull the thread through.



Press the seams

6

When finished, open up the fabric and press the seam down with your fingers or with an iron (you can use the iron at the end if you prefer, once all the strips are attached).

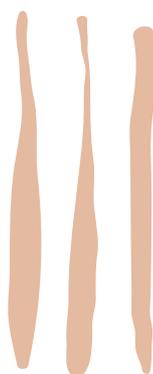


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Continue to add strips to the patchwork, always right sides together, until your block is the size of the template.

You can do this by checking each time you add another strip. Do not worry if your patchwork is slightly larger than the template, this is better than being smaller.

If it is smaller, add another strip.



Trim the edges

8

Place the template over the patchwork and trim down any larger edges. You can do this by either using a rotary cutter or by drawing around the template and trimming with fabric scissors.



Finished piece

9

You can make more 'blocks' and attach them together to make a larger patchwork piece:



Find out more

Nothing About Us Without Us exhibition at PHM

Wed 16 November 2022 to Mon 16 October 2023



Help the Normals collection can by Dolly Sen 2012 © Dolly Sen

Explore the history of disabled people's activism and ongoing fight for rights and inclusion.

Read Programme Officer Michael Powell's [blog](#) about the Nothing About Us Without Us – Disabled People's Activism: Past, Present and Future programme and exhibition, and hear from PHM's four Community Curators who share why they chose to get involved.

UK Disability History Month

Wed 16 November 2022 to Fri 16 December 2022

Theme: Disability, Health and Well Being

<https://ukdhm.org>



Join us on Zoom 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 online Zoom workshop.](#)

Don't forget to bring a cuppa!

This month we will be online on
Saturday 12 November 2022
2.00pm - 3.30pm



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



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



@PHMMcr



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