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The Fabric of Protest

April 2023

Create a keychain to promote
CHARM's campaign

Online

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 workshop on Saturday 15 April 2023. 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

#NothingAboutUsWithoutUs #phm.org.uk

Inspiration

The Nothing About Us Without Us (NAUWU) exhibition and programme of events at PHM explores the history of disabled people's activism and rights in the UK. In this session we will be joined by Community for Holistic, Accessible, Rights Based Mental Health (CHARM) who are an organisation campaigning for social justice in mental health, addressing discrimination, exclusion and neglect in Greater Manchester through creative, peaceful direct action.

We are taking inspiration from the Sisters Of Frida banner, 2018, that is on display in the NAUWU exhibition at the museum, on show until 16 October 2023.

Sisters of Frida is an experimental collective of disabled women taking its name from disabled artist Frida Kahlo. Discussing, sharing experiences and exploring intersectional 'possibilities' is at the heart of the group's ethos:



Sisters of Frida Banner, 2018 , image courtesy of People's History Museum

'We are disabled women but that is not our only identity – we are also embracing the whole package of being women and disabled. We want to celebrate the difference of being of different ethnic origins, different cultures and nationalities, of different sexual orientation, of being mums, having partners and being single women.' Sisters of Frida

The banner is a wonderful display of nature, with vibrant textures and a variety of fabric leaves, creating a scene that is abundant, full of growth and potential. Thinking about nature as a symbol of reform, we will take inspiration from the banner and the metaphor of root to branch reform, looking in particular at the array of leaves used in this banner.

Banner description:

Two tone purple banner measuring 2,150mm x 1,530mm.

Appliqued decorations of a hummingbird, flowers and foliage are sewn from the centre to the bottom of the banner. There is embroidery on the top and hanging over the bottom.

'SiSTeRS OF FRIDA HEAR OUR VOiCeS!' is in gold across the top.

What will we be making?



We will be making keyrings to promote CHARM's campaign for root to branch reform of mental health provision in Greater Manchester. Using felt and soft sensory materials, we will make embellished leaf shapes symbolising the organisation's aims through leaves that grow from nourished roots.

April and May CHARM workshops

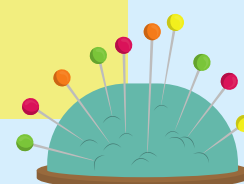
We will be making these keyrings to promote CHARM's campaigns both online in the April workshop and during the in-person workshop at the museum on Saturday 20 May 2023. You can attend either or both sessions, this resource will support you to continue making in your own setting.

Materials



Materials you will need:

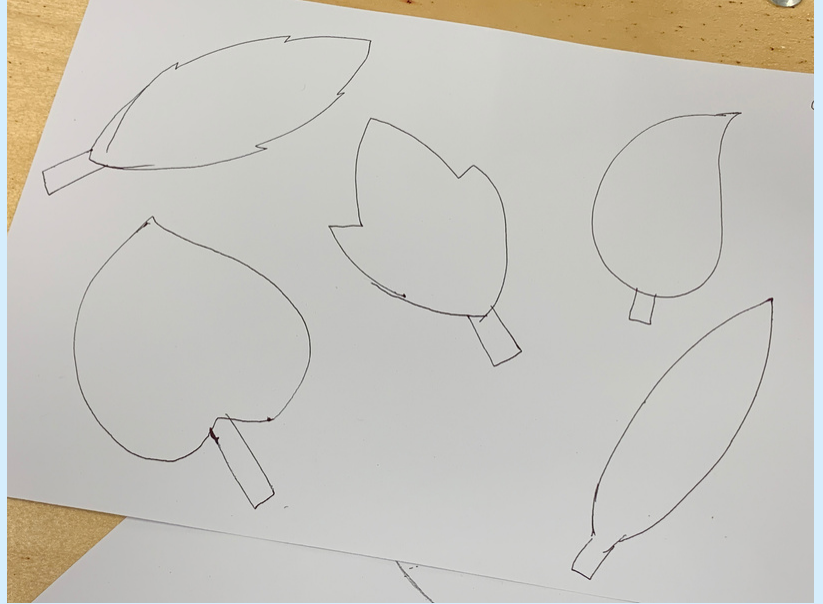
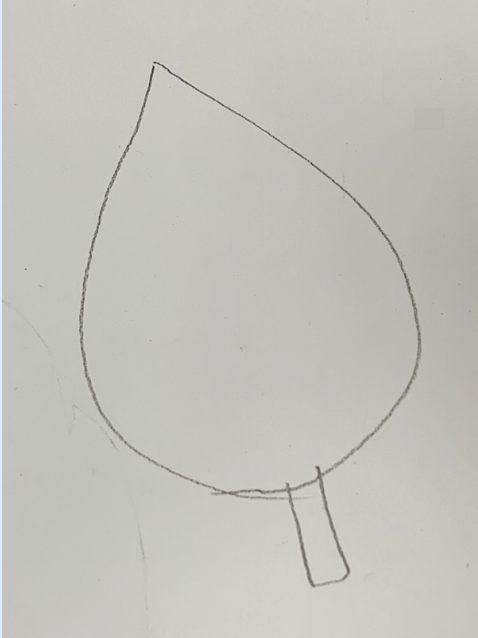
- Felt or other soft materials
- Paper, pen,
- Paper scissors
- Pins, needles, embroidery thread
- Fabric scissors
- Optional: ribbon, keyring ring and button



Draw out a leaf shape

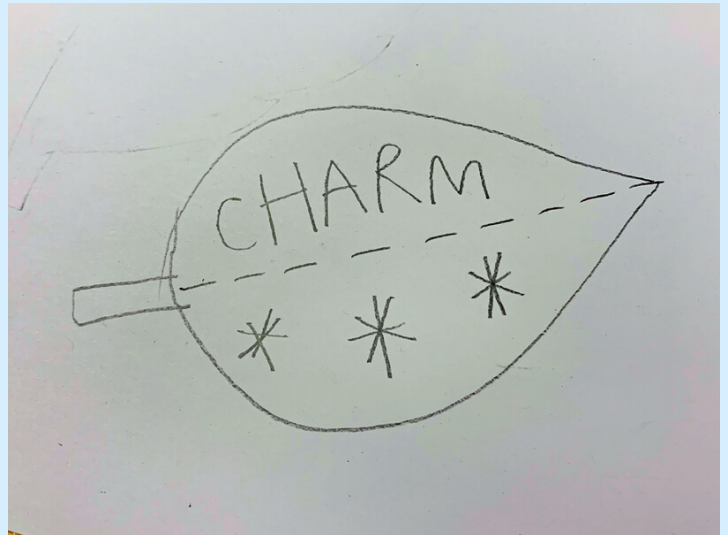
1

Draw out a leaf shape about the length of your palm or slightly bigger - approximately 10cm long (or use the template for the in-person workshop). You can experiment with different leaf shapes!



2

Write the letters C H A R M onto your leaf. Think about how you want them to fit the leaf shape. You might want to add details to the leaf, like a vein going down the centre, or motifs to embroider.



Pin and stitch your keychain

3

Cut out the paper leaf and pin it to soft fabric / felt.



4

Use your paper template to stitch through your letters into the fabric. Use a back stitch to stitch your letters (see technique on page 7).



5

When finished, undo the pins and add another layer of fabric / felt to the back of the leaf. Pin and cut around the leaf shape through the two layers.



6

When cut out, unpin and carefully tear off the paper around the stitches. If you want to add sequins, beads or embroidered motifs you can do this at this point.



7

Pin the two layers of fabric together and stitch around the edge of the leaf using a running stitch. A running stitch is a line of stitches that run in and out of the fabric all at once.

You can also add any leaf detail like the veins through the centre, stitching through the two layers of fabric.



8

You can make this into a keyring by adding a piece of ribbon to loop over the keyring ring. Secure with stitches and a button to finish.



Back stitch technique

Back stitch:

- Thread up your needle with a single thread and knot the end.
- Pull the needle up from the back of the fabric to the front.
- Put the needle back into the fabric a stitch length away.

- Pull up the needle from the back a stitch length away.
- Put needle back in the last hole made, closing the gap in the stitches to make a continuous line.
- Repeat this, going forward a stitch and back to fill the space left.

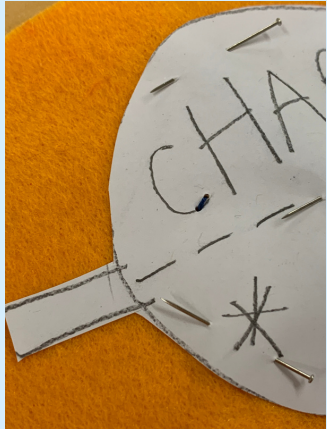
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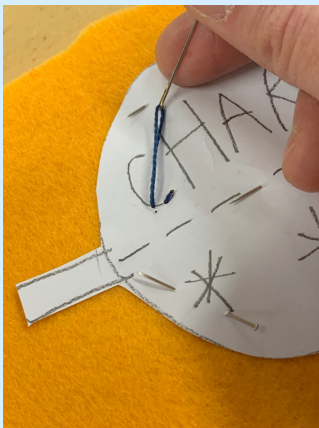
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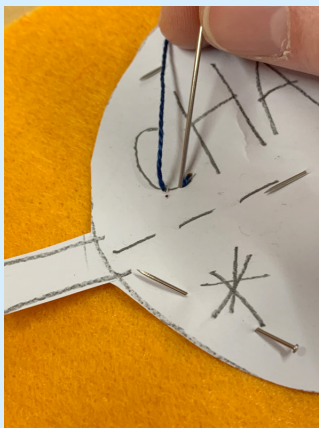
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e



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Find Out More

Nothing About Us Without Us exhibition.

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



Explore the online exhibition content through Large Print, Easy Read guides, British Sign Language (BSL) interpreted and captioned films and audio narrated films. Visit the exhibition in person or take part in our programme of accessible events and activities to accompany the exhibition.



Find out more about CHARM on their website.

Come along to the CHARM Offensive in-person event at PHM for Mental Health Awareness Week 2023 on Saturday 20 May 2023, 12.00pm - 4.00pm.

This event will include The Fabric of Protest in-person workshop, 1.00pm – 3.00pm; please book your place for this workshop separately.



Sisters of Frida

Read, watch and listen to blogs, videos and resources created by the Sisters of Frida on their website .

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 15 April
1.00pm - 2.30pm



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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