



Introducing _____

Jane Milburn

of Textile Beat

sustainability consultant



Clothes do for you on the outside what food does inside – they nourish, warm, and engage body and soul."

Jane Milburn

www.textilebeat.com



Meet Jane



Jane Milburn is at the cutting edge of the slow clothing movement in Australia, after earlier work in journalism and rural communications.

She focuses on the substance, not just the style, of the clothing we wear every day as protection for our bodies and as a statement about who we are. Her premise is that clothes do for us on the outside what food does on the inside – nourish, warm, and engage body and soul. In the same way that conscious eaters are sourcing fresh whole food and returning to the kitchen – conscious dressers are seeking to know more about clothing provenance and the making process.

Following graduation from the Australian Rural Leadership Program in 2010, Jane stepped out as a natural-fibre champion – linking the everyday action of dressing to health, wellbeing and sustainability. An agricultural scientist, Jane completed postgraduate

study including research on waste of textiles globally. In 2014, she engaged in a 365-day slow clothing conversation through the **Sew it Again** project which stimulated speaking and workshop opportunities in many forums.

In 2016, Jane developed **The Slow Clothing Project** as a collection of handmade garments with stories from 40 different DIY makers, using local, natural and sustainable practices. Read more at textilebeat.com/slow-clothing.

Her goal is to inspire change in the way we engage with clothing, for the good of ourselves, society and planet. The aim is to conserve resources, reduce excessive consumption and grow rural/urban connection through natural fibres. This purposeful ecosystem work aligns with the United Nations' 2030 Agenda for Sustainable Development to ensure sustainable consumption and production patterns.



In 2014, Jane undertook the award-winning Sew it Again project to demonstrate creative upcycling of discarded natural fibre clothing.

www.sewitagain.com





Workshops

1. **T-shirts Reworked**
– for beginners
2. **Modify and mend**
– for beginners and intermediate
3. **Creative refashion**
– intermediate and advanced

Outcomes from workshops

- Learn skills of stitching and upcycling
- Discover creativity and unique style
- Feel productive and boost wellbeing
- Enjoy and value natural fibres
- Be empowered by affordable choices
- Reduce clothing and textile waste



Consulting

We work with councils, schools, teachers, industry groups, community groups and individuals who recognise the need for a more sustainable clothing culture. Textile waste is an emerging issue across society, yet it can be avoided because 95 percent of clothing is recyclable.

Speaking topics

1. Our clothing story – ethical issues

Just as we are now conscious of our food, we are becoming conscious of what we wear. Jane outlines key **ethical issues** arising from the transformational shift in how we now source clothing and introduces the concept of slower, more thoughtful ways way of dressing with conscience, creativity and story.

2. Slow Clothing Manifesto – cutting waste

Every day we eat and we dress. We waste at least 30% of food and a similar amount of clothing, which is unsustainable. Jane presents **10 ways to reduce our material footprint**. Ask questions and make ethical choices – for yourself, society and the planet.

3. Stitching up social change – empowerment

We are back in the kitchen cooking up a storm, so is it time to re-engage with sewing? Jane reflects on sewing history and discusses contemporary approaches to **stitching for mindfulness**, developing creativity and building social connection.



Work with Jane and Textile Beat

Textile Beat works with individuals, community groups, schools, libraries, councils, conferences and organisations to provide relevant and engaging workshops and talks.

Jane is based in Brisbane and travels Australia (and the world) inspiring thoughtful dressing, creative upcycling and ways to reduce our clothing footprint.

For information about opportunities and fees:

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Jane Milburn B Ag Sc,
Grad Cert (Aust Rural Leadership), GAICD

Affirmations

This is so awesome! You are an amazing influencer and educator - **Fashion Revolution Day Aus NZ**

Just wanted to thank you for your great speech today.
Very informative and interesting! - **Milton**

A great narrative and really made me think - **Lucinda**

Thank you for an inspirational workshop and sharing your passion for sustainable and creative living - **Jadranka**

I enjoyed the words of encouragement and imagination shared. The sense of achievement was amazing!!! - **Kerrie**

The workshop was fabulous. I enjoyed being able to reuse beautiful fabrics whose styles had become dated and turn them into a new stylish garment - **Meredith**

Thanks for the great guest-speaking spot ... you were inspiring and interesting - **Christine**

Inspiring and empowering ... and saving our environment - **Wynette**

Really loved the fun, give-it-a-go environment, it was inspiring and liberating - **Sarah**

This is about sustainability and social change ... Jane is on an incredible journey that brings together all her skills and experience - **Kay**

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