



Introducing _____

Jane Milburn

of Textile Beat

presenter and upcycler



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.

Jane 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.

Currently Jane is developing the **Slow Clothing Project** which involves the creation of a collection of handmade garments with stories from 40 different DIY makers, using local, natural and sustainable practices.

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 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

We get you thinking about ways to upcycle discarded T-shirts into handy 'new' things using scissors, hand-stitch and creativity.

You will learn to make:

1. Eco-necklaces and bracelets
2. Gym singlets and headbands
3. Eco-shopping bags and pouches

2. Modify and mend – for intermediates

Sometimes your clothes just need a tweak to extend their usefulness. We show you simple techniques to make garments longer, shorter, bigger or smaller. We show you creative patching techniques and ways to alter necklines and sleeves.

3. Creative refashion – advanced

Make a history skirt, shift or jacket with a story to tell about how it was created from rescued clothing. We show you how to adapt simple patterns then 'fillet' the good bits from several garments and restitch them together in creative and unique ways.



Outcomes

- 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

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 five key **ethical issues** arising from the transformational shift in how we now source clothing and introduces slow fashion as a way of dressing with conscience, creativity and story.

2. Slow Fashion 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 clothing 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.

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Work with Jane and Textile Beat

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

Jane is based in Brisbane and happy to travel Australia (and the world) inspiring thoughtful dressing, creative upcycling and ways to extend the lifespan of clothing.

For information about opportunities and fees:

CONTACT Jane Milburn

0408 787 964 jane@textilebeat.com

textilebeat.com sewitagain.com

facebook twitter instagram @textilebeat or /textilebeat



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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