

# Art to Wear with heart



**Date** Thursday 2 July, 2015

**Time** 9am to 4pm

**Venue** Mercy College Textiles Room  
Pirie St, Mackay

## Details

Learn creative upcycling techniques to make an original Art to Wear garment from old stuff.

Sewing machines will be provided. Bring along discarded natural-fibre clothing from your wardrobe (or op shop) and other textiles to incorporate.

At no time in history has clothing been so cheap and plentiful. This has led to a culture of waste and a sense that fashion is disposable. The greenest clothes are those that already exist. Learn how to reduce your fashion footprint by upcycling instead of buying more.

This Art to Wear session is part of a series showing how to use simple sewing skills and creativity to refashion old garments into original 'new' outfits. You might want to enter your creation into the 2015 Spruiker Hire Art to Wear Awards later in the year.

## Benefits of upcycling

- Learn skills of upcycling and resewing
- Feel empowered by original, affordable choices
- See how to adapt clothes to suit your shape
- Discover your creativity and unique style
- Be productive and improve wellbeing
- Reduce clothing and textile waste

You can then choose to either:

1. **ReFashion** - chop, change, restyle existing garments (bring 3 cast-offs to consider) and embellish with your art
2. **Make a history skirt/shift** - fillet clothes (bring 3-5 of similar colour tone/fabric weight) and restitch into wearable art with a story to tell

## Bookings

Please contact Dolores La Spina  
By phone 4969 4199 or email  
[dolores.laspina@mercymackay.qld.edu.au](mailto:dolores.laspina@mercymackay.qld.edu.au)

## Facilitator

**Jane Milburn from Textile Beat**  
*upcycler and natural fibre champion*  
[textilebeat.com](http://textilebeat.com) and [sewitagain.com](http://sewitagain.com)  
[facebook.com/textilebeat](https://facebook.com/textilebeat)

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