

# Upcycling 'show and tell'



At no time in our history has clothing been so cheap and plentiful as it is today. This has led to a culture of waste and a sense that fashion is disposable. The greenest clothes are those that already exist. When we upcycle what we have instead of buying more we reduce our fashion footprint.

By applying simple sewing skills, creativity and time to existing clothes, we can refashion cast-off garments to suit ourselves. The possibilities are endless.

## Benefits of upcycling workshops

- Learn refashion and re-sewing skills
- Feel empowered by having affordable choices
- Discover your creativity and unique style
- Be productive and improve wellbeing
- Reduce clothing and textile waste

## About Textile Beat

Textile Beat is a social enterprise inspiring thoughtful use and reuse of natural fibres, fabrics and found stuff. It was established in 2013 by Jane Milburn to tap into opportunities to repurpose existing natural fibre garments for pleasure, reward and sustainability. Textile Beat promotes ways to dress with conscience in clothes with good stories to tell. Jane spent 2014 immersed in slow fashion with the 365-day Sew it Again project [sewitagain.com](http://sewitagain.com) to inspire creative upcycling of natural-fibre garments and revive home-sewing as a 21st century life skill.

*"Dressing is an agricultural act (unless you wear synthetic fibre clothing made from petroleum, coal or gas)" – Jane Milburn*



**Where** Southside Sustainability Centre, cnr Old Cleveland Rd & Wright St, Carindale

**Date** Sunday, 8 March 2015

**Time** 9.30am

**Details** Free, for information call Heather Barns 0410 840 343

## What to expect

An overview of environmental, ethical and social implications of so-called 'fast fashion'.

A Show and Tell session unpacking some of the upcycled garments created during the 365-day Sew it Again campaign to demonstrate ways we can reduce our fashion footprint. Tips for dressing with conscience, without sewing.

Bring along a few garments and chat about their upcycling potential.

## Presenter

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

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