



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 the author of *Slow Clothing: finding meaning in what we wear*, after earlier work in journalism and rural communications.

Jane sees clothing in a permaculture context and is interested in the substance, not just the style, of garments we wear every day for protection and presentation. 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

that included research on clothing and textile waste. 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 led **The Slow Clothing Project** as a collection of stories from DIY makers using local, natural and sustainable practices. Read more at textilebeat.com/slow-clothing.

Jane's goal is to inspire change in the way we engage with clothing, for the good of ourselves, society and planet. Her 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.



ABC-TV's **War on Waste** host Craig Reucassel launched Jane's book **Slow Clothing**, left, which includes learning from Jane's award-winning upcycling project **Sew it Again**. www.sewitagain.com





Workshops

Professional development for teachers
– creative and sustainable approaches

Creative play
– surplus clothing as textile resource

T-shirts reworked and Denim redone
– for beginners

Modify/mend our clothes
– for beginners and intermediate

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

Textile waste is an emerging issue across society. Jane works with councils, schools, teachers, industry groups, community groups and individuals recognising the need for a more sustainable clothing culture.

Speaking topics

Dress with conscience

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.

Slow Clothing philosophy

Slow Clothing is a way of thinking about, choosing and caring for clothes so they bring joy to every day. Jane discusses **10 ways to survive and thrive in a material world: think, natural, quality, local, few, care make, revive, adapt and salvage.**

Making social change

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

Social entrepreneurship

Creating an issues-based campaign by living your values, using resources at hand and social media tools.



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:

CONTACT Jane Milburn
0408 787 964 jane@textilebeat.com textilebeat.com



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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