



Introducing _____

Jane Milburn

textilebeat.com

of Textile Beat

sustainability consultant



Our clothes do for us on the outside what food does inside. They protect and warm our bodies, and influence the way we feel and present to the world.

Jane Milburn



Meet Jane



Jane Milburn is the author of *Slow Clothing*, a book about living lightly in the everyday practice of wearing and caring for clothes, which builds on earlier work in rural journalism and communications.

As an agricultural scientist, Jane considers clothing in a holistic regenerative context, not as fashion items.

Her premise is that clothes do for us on the outside what food does inside. They protect and warm our bodies, and influence the way we feel and present to the world. 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 fibres, provenance, the making process, and where clothes go when we shed them.

After graduating from the Australian Rural Leadership Program in 2010 and postgraduate

leadership study in 2013, Jane stepped out as a natural-fibre champion – linking the everyday action of dressing to health, wellbeing and sustainability. In 2014, she ran the 365-day **Sew it Again** project as a platform to speak out about changing fibres, clothing waste and creative reuse. In 2016, Jane led **The Slow Clothing Project** with 40 makers using local, natural and sustainable practices. This action research underpins *Slow Clothing: finding meaning in what we wear*, published in 2017.

Jane is inspiring social change in the way we engage with clothing, for the good of ourselves and the planet. Her aim is to conserve resources, reduce excessive consumption and contribute to sustainable living across communities through slow clothing practice. It is the basis for regenerative living.

This purposeful work aligns with the United Nations' 2030 Sustainable Development Goals.



Jane Milburn has presented more than 550 talks, workshops and interviews in the past six years.





Consulting

Behaviour change, ecological fibre choices, commercial recycling, upcycling, creative play are possible responses to textile waste, an emerging issue across society. Jane consults with councils, schools, teachers, industry groups, businesses, community groups and individuals recognising the need for social change and more sustainable ways of living in a climate-changed world.



Workshops

Upcycling as creative play

– surplus clothing become resources

T-shirts reworked and Denim redone

– for beginners and intermediate

Mighty mending

– for beginners and intermediate

Creative refashion

– upcycling and subtraction cutting

Professional development for teachers

– creative and sustainable approaches

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



War on Waste host Craig Reucassel launched Jane's book *Slow Clothing: finding meaning in what we wear*.

Speaking topics

Dressing with conscience

Jane outlines key **ethical issues** arising from the transformational shift in how we source clothing and introduces the concept of slower, more thoughtful ways of dressing with conscience, creativity and story.

Slow Clothing philosophy

Slow Clothing is a way of choosing, wearing and caring for clothes so they bring value meaning and 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 discusses contemporary mending for **mindfulness**, developing creativity, building social connection and reducing waste.

Transformational leadership

Creating issues-based campaigns using social media tools by identifying purpose, living your values and using resources at hand.



Work with Jane and Textile Beat

Textile Beat consults with individuals, community groups, schools, libraries, councils, conferences and organisations to provide relevant and engaging workshops and talks. Jane is based in Brisbane, Queensland and travels Australia (and the world) inspiring thoughtful dressing, creative upcycling and ways to reduce our material footprint.

For information about opportunities and fees:

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



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

Testimonials

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

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

Been looking forward to meeting slow fashion practitioner Jane Milburn for some time, glad it finally happened - **Sass Brown**

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**

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

A joy to be involved with your wonderful work - **Costa Georgiadis**

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

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

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

Honoured to launch Jane' Milburn's book in Canberra. It's a great read about ditching fast fashion to help cure affluenza - **Richard Dennis**



This beautiful quote from Jane Milburn represents one of the reasons we created the @makesmthng campaign - **Make Smthng Week**

www.textilebeat.com

