

Craft in Common Repair

Mend clothing as a way to Heal Ourselves with Alinah Azadeh



Artist Alinah Azadeh invites you to do visible repairs to clothing that means something to you and give it new life.

In times of crisis we have been affected in many ways; physically, emotionally or financially. Life changes, we can feel wounded but we get through. Worn clothing bears the marks of our joyful and painful life experiences. The process of repair and skills used are symbolic of how we might renew ourselves and our community.

Craft in Common is a series of creative online workshops with Alinah as part of Craftspace's upcoming exhibition 'We are Commoners'.

In this series commons includes emotional resources for making things together in solidarity to get through difficult times.

“By doing a visible repair to clothing we don't hide a tear or a 'wound'. We show what it's been through, making it stronger and part of who we are.”

Find out more about this project and 'We are Commoners' at craftspace.co.uk/commoners



Gather your materials

You will need:

- a piece of clothing, fabric or a favourite accessory that you want to repair
- a patch of fabric similar thickness to the clothing
- embroidery threads
- sewing needle
- pins
- scissors

Watch the how-to video online: vimeo.com/craftspace



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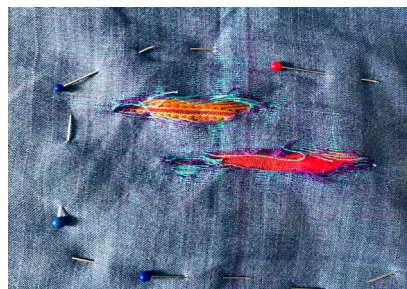
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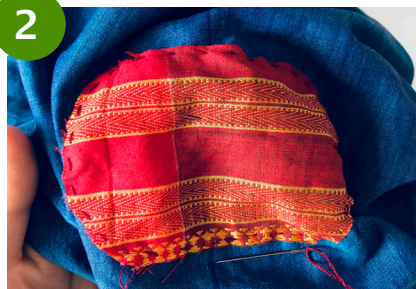
How to Mend Clothing as a way to Heal Ourselves

1



Place the fabric patch on the reverse of the fabric where it is damaged, pin it into place.

2



On the reverse side stitch the patch in place using a simple running/straight stitch.

3



Turn the piece over and stitch the front side using simple stitches around the line of the holes or decorative stitches across the patch.

4



Enjoy the repaired clothing or accessory that you've brought back to life.

Share your makes with us on social media using **#wearecommoners**

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