

august newsletter 2020

Rabbit hat
designs



www.rabbit hat designs.com

Welcome to the August newsletter! I'm so happy to have you with me on these embroidery adventures. I hope you are doing well and keeping safe. This month I've been thinking about activism so I thought I'd write a little about that after some quick updates. Also in this month's newsletter you can find a 'how to' on transferring a pattern.

updates

This month I'm excited to say I've been working with the awesome humans at Terra Apothecary in Denver, where many of my embroideries, kits, cards and pendants are available now. If you're in Denver or passing through, go check out their shop, it's full of amazing infusions and artwork, so worth a visit! I'm also excited to announce that I'll be working on a downloadable embroidery pattern for the World Wildlife Fund! Keep an eye out for updates on my website www.rabbit hat designs.com or my Instagram. As part of the stitch an endangered animal a month challenge, it's dolphin



month! Endangered dolphins include, La Plata dolphin, Indus river dolphin and Hector's Dolphin. For more info, go to 2020 Challenges on my website.

on activism

This definitely feels like an ambitious theme to cover! And I realise I can only go into a little depth here, but I've been thinking a lot about how easy it is to underestimate our power as individuals. I think activism can take so many forms in small and huge ways. The areas of activism I've been thinking about a lot are social, environmental and conservation. It can be tempting to separate these out into categories, but they are all so interconnected, and I think often the best way to think about activism is that you are not just taking action in one area. By thinking about the connection between us, each other and our environment we are addressing so many layers of change. I've been listening to the podcast 'The Untold Story: Policing' where Jay explores how community organisers, Suki McMahon and Chas Moore changed the system through bearing witness and recording, finding that these actions made judges more accountable for taking cases more seriously and adjusting their thought processes and actions. I am inspired by the idea of taking do-able actions that have the potential to create impactful ripple effects. I was reminded of my work as an art therapist in schools in the past and how just meeting once a week with different colleagues and discussing the mental health and wellbeing of ourselves, colleagues and pupils adjusted the team's and my way of thinking, learning from each other's perspectives and thinking about each child more holistically. I'm a big believer in how change can work through a system and permeate different layers. Even the act of holding someone's experience in mind, deep listening and empathizing can go a long way. Or providing a space to imagine alternative realities. Standing up with and for others is so important, especially with the hateful, racist, sexist and discriminatory rhetoric in the current political climate. This is also such an important time to fight for our future and the future of the wildlife we share our planet with. It can be totally overwhelming when faced with so many layers of injustice and crises, and for sustainable change and energy, I think we need rest and to process actions as well. When faced with so many crises at once it can feel really tempting to just zone further into our

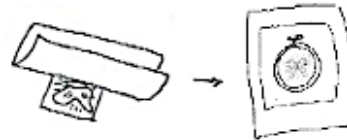
own worlds but I think it's such an important time to be mindful of our places in the world, impact on others, voices, actions and small and large changes we can make. We can't tackle all the crises alone or at once. But I have been thinking about focusing on the things I can change or do. For example, signing petitions, raising awareness, using less plastic, researching the ethics of what I buy, being mindful of using less fossil fuels, donating to or shining a light on social and climate justice organisations and voting! In the words of Jane Goodall "Even if we make small choices, choosing to walk instead of riding in a car, what do we buy? Where did it come from? When billions of people start making the right ethical choices we start moving to a different sort of world. We've got to act together, and we've got to act together fast." It's about progression not perfection and I feel it's taking on what we can when we can. I see that this might feel like a total U-turn after talking about finding peace, joy and rest in the last newsletter! But I'm hoping these two newsletters work as two parts of a whole, seeing that both are needed in going forward. Over the past few months I feel like I've been in a cyclical pattern of rest and action and it feels so important to channel both in relation to each other, especially when faced with vast and varied challenges.

how to transfer a pattern

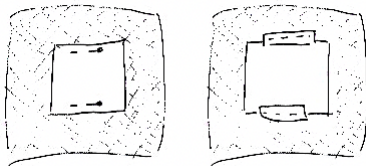
There are a few ways to transfer a pattern, here's how to transfer a pattern using a sunny window.



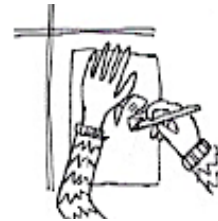
1 Take a dark felt tip or thick pen and draw your pattern on some paper or cardstock and cut it out so that all the details are still visible.



2 Put your pattern template on a flat surface and lay your fabric over it. You want your pattern to be in the middle of where your embroidery hoop will be, adjust the fabric over your template until you find the best fit. At this point it can help to take your hoop and lay it over the top of your fabric where your template is to check positioning.



3 You can then attach your pattern template to your fabric with pins or some masking tape.

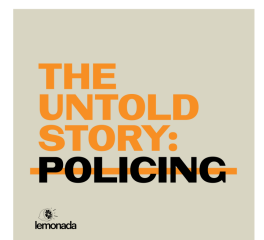


4 Take your fabric with template attached and hold it up to a bright sunny window and use a sharpened soft (B-2B) pencil or thin fine liner pen to trace the pattern onto your fabric. If you want to remove these marks later, try using a washable fabric pen. You can use a light box instead of a window if you like at this stage.

out and about



For listens I'd recommend 'The Untold Story: Policing' which is the podcast I wrote about above. Another podcast I'd recommend is 'Ways to Change the World' by Krishnan Guru-Murphy, especially the episode where he talks to writer, Elif Shafak about multiculturalism, making the political personal and the power of stories. Music I've been loving is Thao and the Get Down Stay Down. If you haven't seen it yet, check out their amazing zoom music video for 'Phenom', So good!! For reads I've been loving Girl, Woman Other by Bernardine Evaristo. So beautifully written.



thank you for reading