

march news letter 2020

Welcome to rabbit hat designs March news! March has been a difficult and hairy month for many out there and to start with I just wanted to send well wishes and warmth to anyone affected by coronavirus. Many things have been postponed over this month to protect the most vulnerable and at risk from catching the virus. I've been thinking more about how I can share workshops and stitching skills online. So I will definitely keep you up to date on that! This month I thought I'd write a bit about where I'm at with my embroidery practice right now and what drives my practice after some quick updates.



updates



It was so lovely to see so many pangolins come to life last month! Thanks so much to everyone who took part in February's stitch an endangered animal a month challenge! I've popped a coupon for 10% off DIY embroidery kits at the bottom of this newsletter in case you need some creative projects while cooped up! Don't forget to check out the 'How to' on running stitch below too! Also there are now several free stitching 'how tos' available on my website if you want to try out any stitches on there. March is Amur leopard month for the stitching challenge. Find more info and how to join in on my website under 2020 challenges. Amur leopards are the rarest cat in the world and are slowly recovering due to WWF's efforts to ensure better health of the animals they live on as well as campaigning and monitoring populations.

about developing an art practice

I thought I'd write a little about how my embroidery practice has developed over time and how capturing different stages helps me to keep inspired and motivated, enabling it to keep growing. My roots are in art therapy so I see art making as a means of self-expression, and symbolic of experiences and processes. As my embroidery has developed I've become increasingly driven by amplifying nature patterns and exploring these in relation to different creatures and how they adapt to and echo their environment. This interconnectivity between us and our environment has become a bit of an obsession for me in recent months, I'm increasingly interested in the connection/disconnect we feel with the nature around us and also the patterns that interconnect within nature. Whilst looking at moths in particular they are often so well camouflaged in their environment whereas butterflies more often stand out and attract the eye. Each creature adapts to their environment in an on-going interchange and I think people are the same, we gather experiences like threads,

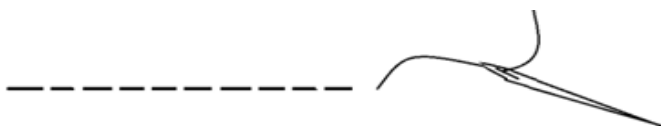


weaving together stories, history and experiences as part of our identity. I feel like art making in any form echoes this gathering in many ways. With moving countries I am often exploring how I relate to my new environment and how sometimes I stand out and other times I don't. I often find I start with spontaneously finding images to work on and then gradually uncover links with what I've been processing or making sense of in my wider experience.



I think on first moving to the US I often felt unrecognised professionally not being able to get my Counsellor License transferred here, so embroidery became a grounding force. I feel that at first I was immersed in holding onto my potential and my skills and finding a way to still grow professionally and personally, whilst holding a magnifying glass up to how it felt being in a new country, with different landscapes, nature and communities. So embroidery became a strong force within that. With art making in any form I think it has an amazing capacity to feedback experiences and to help you feel validated and echoed in the world. I see my art practice as organic and something that grows with me. I'm excited to see where it leads me next!

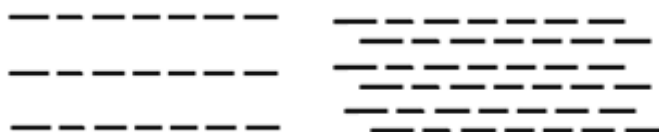
how to running stitch



Running stitch is probably one of the most recognisable embroidery stitches out there. For running stitch you start with a small stitch in the usual way, choosing where you'd like

to start and bringing your needle and thread up through your fabric at that point. Then create your first stitch by returning your needle down through the fabric at the point where you want to finish the stitch. For your following stitch you want to leave a small gap on the top of the fabric before you bring your needle and thread back up through your fabric again. The size of each stitch is up to you but usually running stitches will each be roughly the same length to create a continual dashed line like above. As your line of stitches grows you should be able to flip your fabric over and see a mirror line of stitches along the back of your fabric.

You can use this stitch to create some cute patterns by overlapping them or creating several parallel lines like so...



out and about

This month I've been totally Western nerding out with a series called Hell on Wheels. It's a great binge worthy watch and raises some interesting history around building the first railroad across the width of the USA and the dynamics within that as well as some classic gritty western happenings.

I've been loving Sylvan Esso's album What Now as a listen this month and have just started reading White Teeth by Zadie Smith which I'm enjoying already, it's darkly witty and full of interesting characters! Keep well and...



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