



THE BY YOU TAPESTRY

EMBROIDER YOUR EXPERIENCE OF ISOLATION

Running out of things to do at home?
Want to be part of a creative community project?

JOIN US to make the BY YOU Tapestry.

Stitch the story of your daily life during the Coronavirus pandemic.

Your individual embroideries will be joined together by us into a giant, historic textile, made by all ages across the country. It will be exhibited and celebrated together, when 'normal' life has resumed!

YOU WILL NEED:

- Pencil and ruler
- Scrap paper
- Needle and scissors
- Cotton/embroidery threads
- White cotton ideally, but another colour if not. At least 22cm x 22cm. You could use an old pillow case, bed sheet or an old shirt.
- Embroidery hoop, if you have one

STEP 1.

CHOOSE YOUR DESIGN -

WHAT REPRESENTS THIS TIME OF ISOLATION TO YOU?

HERE ARE SOME IDEAS...

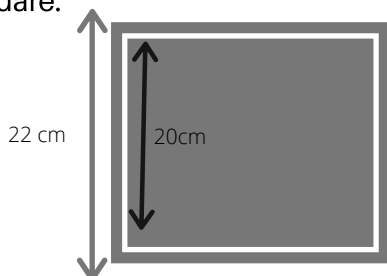
- **What do you see?** The view from your window?
- **What do you do during your 'new normal' day?** Cook, work, garden, facetime friends, try a new skill, exercise videos?
- **What has become important now, what do you appreciate more?** Friends, family, NHS, delivery drivers, the Internet?
- **Where are you isolated?** Embroider the house number you are isolated in, and decorate with images of isolation, or the front door?

NO EXPERIENCE NEEDED!
ALL AGES WELCOME!

Stitches
INTIME

STEP 2

Your design must fit within a 20cm x 20cm square.



Draw a 20cm x 20cm square on a piece of paper, and plan your masterpiece, or use our template on page 4

STEP 3

Cut out a square of fabric at least 22cm x 22cm

(fabric can be cut bigger if needed, to use in an embroidery hoop, but no smaller!)

STEP 4

Copy your design onto your fabric, leaving a 2cm gap with NO Sewing in it around the edge.

If your fabric is thin, you might be able to see the pencil lines through it to trace. Or trace it by taping your image and fabric to a window and trace using this light.

STEP 5

Press very LIGHTLY when you draw on the fabric. Don't press hard or it will show after you have finished your sewing.

STEP 6

Get Sewing! Use Google or Pinterest to find some embroidery ideas, guidance and inspiration. We'll post some how to's on our social media pages too.

STEP 7

Stand back and admire your handiwork! Take and send us some photos!

TAG US ON:

Instagram @stitchesintime_

Twitter @StitchesinTime_

Facebook

<https://www.facebook.com/StitchesinTimeLondon/>



STEP 8

Post it to us at:



The Old Limehouse Town Hall,
646 Commercial Road,
Limehouse,
London, E14 7HA

Please include:

- Your name,
- Your address,
- Your email address, so we can let you know about the project.
- & a little about the inspiration behind your embroidery

POSTING:

Make sure you use an envelope within these limits:

Weight - 100g

Length - 24cm

Width - 16.5cm

Depth - 5mm

If you don't want to go to the post office, Google Click & Post Royal Mail to print the postage.

If you have any problems posting or questions, email us at mail@stitchesintime.org.uk

We'll accept submissions until at least September 2020.

THE FINAL OUTCOME!

We will join your pieces together to create a huge tapestry, for public display in a celebratory exhibition. Our local community and charity's beneficiaries will work together to do this.

When social distancing is over and it's safe to meet, this will give people some desperately needed social contact.



A piece from our founding project - Tapestry for the Millennium

WHO WE ARE

Stitches in Time began as an experiment to see if sewing could start conversations between strangers.

This small experiment in 1993 turned into our giant founding project, the creation of 50 tapestries made by over 3,000 local people. Communities who wouldn't usually meet formed groups and sewed together: school children and elders groups, unemployed migrant women and bankers from Canary Wharf, mothers with young children and teachers, groups of different religions. Some of these groups still meet today. 27 years later, we now engage with over 2,000 people per year.

But the support we offer is much more than just sewing.

We offer a safe, supportive space to develop, share creative skills, and to support the ranging needs and aspirations of our beneficiaries.

Our core weekly programme supports children living in poverty, marginalised women facing multiple disadvantage and elders at risk of isolation. Read more about our work on our website.

DONATIONS

We hope that many people will participate in this tapestry piece marking a moment in our global history and we don't expect people to have to donate to us to do so.

However, if you're in a position to also give something towards the work we do changing lives through our innovative projects then please do consider making a financial contribution here:

<https://localgiving.org/charity/stitchesintime/>

WHY THE COMMUNITY NEEDS US

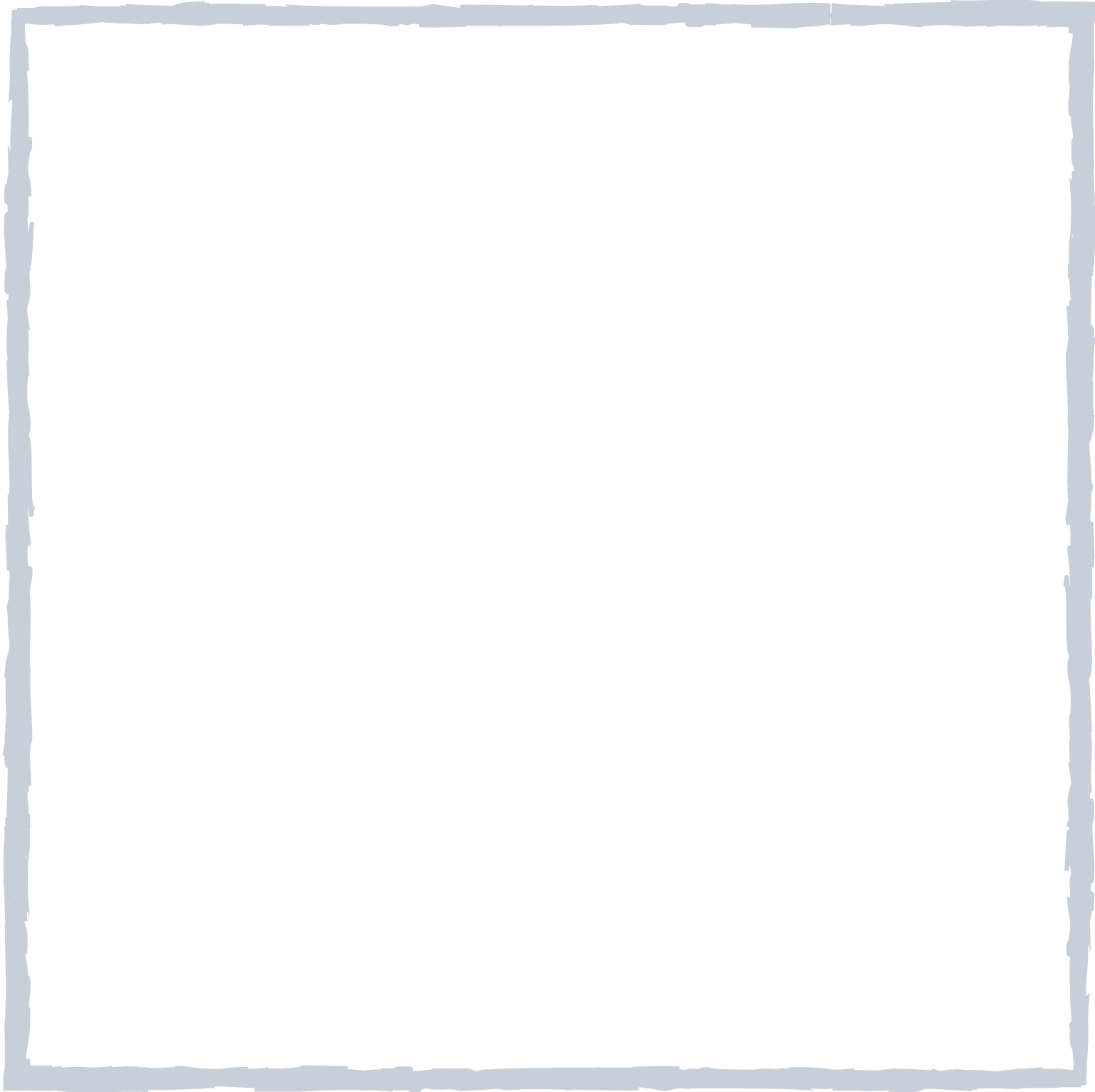
Tower Hamlets faces some of the toughest challenges in the UK, with child poverty and unemployment at record levels. Whether it's the small steps of raising the confidence of someone in long-term unemployment and getting them into work, or battling social isolation for our elders, we produce direct results that benefit our communities and help other organisations learn from our work.

Disclaimer reuseage - By submitting a piece to us, you give consent for us to share pictures of the piece, and information about the inspiration behind it. We will not share your contact details with any third party. We will aim to use all pieces that reach us, except if we decide the piece is inappropriate or offensive then we reserve the right to exclude it. We will not be able to send tapestry pieces back to you, but they will form part of a piece that will be housed in the Stitches in Time textile archive.

WWW.STITCHESINTIME.ORG.UK

Old Limehouse Town Hall, 646 Commercial Road, London, E14 7HA
Charity Number: 1172056 Company Number: 10515657

20CM X 20CM SQUARE - DESIGN YOUR PIECE IN HERE!



**MAKE YOUR FABRIC AT LEAST 2CM BIGGER THAN THIS SQUARE.
IF YOU ARE USING AN EMBROIDERY HOOP, CUT YOUR FABRIC TO FIT THAT.**