



**Make and Create Team**  
**A Day of Slow Stitching**  
**Thursday 9<sup>th</sup> October 10 am – 3 pm**

**LFWI Offices, Croston House, Leyland, PR26 6TU**  
**With tutor Linda Colclough**  
**£20**

Come and spend the day enjoying the art of Slow Stitching. Slow Stitching is a mindful, creative approach to needlework with the emphasis on relaxation and the process of crafting. Using simple hand stitching techniques, Linda will guide you in creating a piece of stitched work using materials in a sustainable way.



The stitched piece will be created using a background of calico. The piece will be created using fabrics, embroidery, reusing perhaps a favourite fabric or lace, buttons, and embroidery. It will be a day where you can use your creative freedom, with Linda guiding you to use different materials, stitches, and designs.

Once completed, the design can be used as you would wish, perhaps to back a book, sew into a bag, or begin a stitched journal. The ideas will be your own.

Linda will bring to the day many years of creative experience and expertise to help you be creative, but also to enjoy the mindful experience of letting your needle create something beautiful and sustainable.

Linda will provide a kit including the calico, wadding, and access to many scraps of materials, laces, buttons, embroidery threads etc. This will be £5 and payable to Linda on the day. Also, bring your favourite fabrics from home that you might like to include, perhaps from a favourite or sentimental piece.

Bring your sewing kit, including scissors, needles and pins etc. This workshop is suitable for all, even beginners.

This workshop will be available to book on the LFWI website from Monday 30<sup>th</sup> June.

[www.lancashirewi.org.uk](http://www.lancashirewi.org.uk)