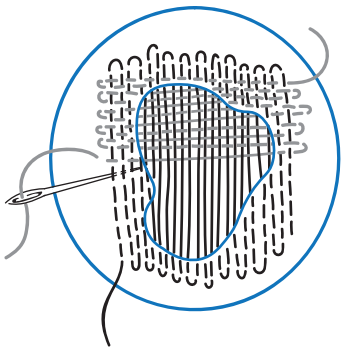# Fast Fashion Therapy

Fast Fashion Therapy is a sewing workshop series that encourages the reuse of clothing through teaching repair, alteration and up-cycling skills. The aim of the workshops is to give participants the tools to have a more sustainable relationship with fashion, to help break our habit to always buy new.

A collaboration between Eleanor & Sarah, the original idea for the name came from creating a workshop space that acted as a practical therapy for our collective addiction to fast fashion. The workshop also offers a therapeutic space for slowing down and taking a more mindful approach to fashion.
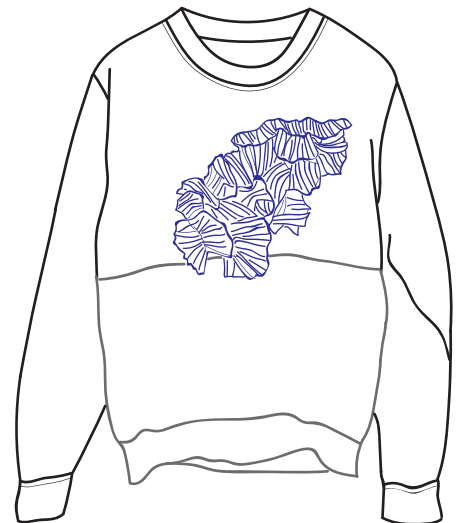
Classic Clothing Repair - Darning and Boro

This creative repair workshop teaches participants the basics of Darning, most commonly used for holes in knitwear, and Boro patching, a technique inspired by the traditional Japanese craft. Participants will be provided with all the materials and equipment they need to complete the techniques. It typically lasts between 1.5 and 2 hours.
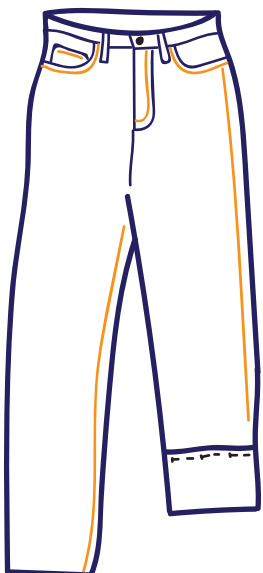
Creative Jumper Up-cycling

This workshop helps participants to find new ways to up-cycle their used or second-hand jumpers. Using creative embellishments and simple alteration techniques, participants are helped to create an entirely new jumper from combining pre-loved clothing and scrap fabric. All materials and equipment can be provided.

The workshop has been adapted for different seasons in the past, by using shirts instead or creating Christmas jumpers. This workshop typically lasts around 1.5 hours.

Clothing Repair Drop-in

This workshop asks participants to bring along their old or damaged clothing to get the advice and equipment needed to fix them. Spare fabric, haberdashery supplies and sewing equipment are provided. Depending on the location, there can be access to up to 4 domestic sewing machines and an iron. This workshop typically lasts between 2 and 3 hours.

**We are available to run
workshops throughout the week and on weekends.**

Get in contact for more information on rates and availability…

hello@fastfashiontherapy.co.uk   @fastfashiontherapy   www.fastfashiontherapy.co.uk