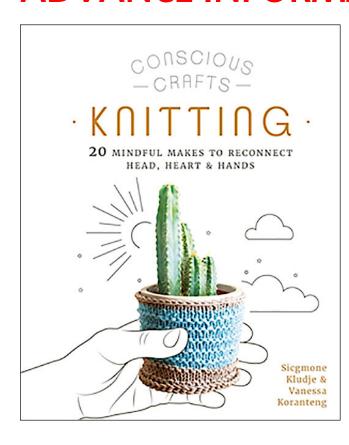
ADVANCE INFORMATION





Conscious Crafts: Knitting

20 mindful makes to reconnect head, heart & hands

Sicgmone Kludje, Vanessa Koranteng

Publication 15th March 2022

Price £12.99

ISBN 9780711266049

Format Hardback 189 x 151 mm

Extent 144 pages

Illustrations Colour illustrations

Imprint Leaping Hare Press

Publisher Quarto

Classification Knitted clothes & accessories

BIC CODE/S WFBS

SALES REGIONS Craft Trade Only



Key Selling Points

- Ideal price point and format appealing to first-time knitters inspired to cast onto this iconic calming craft
- Reflects the ever-growing crafting renaissance extolled on Radio 4 and popular television series Kirstie: Keep Crafting and Carry On
- A contemporary approach to knitting techniques and projects that places well-being at the heart of making.

Description

In Conscious Crafts: Knitting, co-founders of the Black Girl Knit Club unpick the meditative nature of the knitting process and its empowering skill set for creating, well-being and mindfulness. Making is mindfulness made practical, and knitting is an iconic craft proven to have a therapeutic impact on well-being. Sicgmone Kludje and Vanessa Koranteng, have curated 20 modern makes, ranging from plant pot cosies to throws and snoods, to introduce the basics of knitting. Covering fundamental stitches and techniques including casting on, knit, pearl and moss stitch, Sicgmone and Vanessa show how these can be adapted for different projects as well as re-purposing used textiles into your own upcycled yarn, all whilst embracing the restorative benefits of craft.

About the Author

Sicgmone Kludje and Vanessa Koranteng are the co-founders of the Black Girl Knit Club, a knitwear collective based in East London, UK. They teach workshops, give talks and have been featured in the international press for their call for more diversity within the craft community. Their website is blackgirlknitclub.com, and their Instagram is @blackgirlknitclub