



## Resilient Stitch

Wellbeing and connection in textile art

Claire Wellesley-Smith

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### Description

Following on from her textile hit, *Slow Stitch*, author Claire Wellesley-Smith considers the importance of connection and ideas around wellbeing when using textiles for individuals and communities. The book includes practical ideas around 'thinking-through making', using 'resonant' materials and extending the life of pieces using traditional and non-traditional methods. Contemporary textile artists using these themes in their work feature alongside personal work from Claire and examples from community-based textile projects. The book features some of the very best textile artists, such as esteemed American fibre artists and the doyenne of textiles, Alice Kettle.

Resilient fabrics that can be manipulated, stressed, withstand tension and be made anew are recommended throughout the book, as well as techniques such as layering, patching, reinforcing, re-stitching and mending. Plus ideas for the inclusion of everyday materials in your work.

An extended chapter called 'Emotional' finds way to link your emotional health with your textile practice, and 'Community' suggests ways to make connections with others in your regular textile work. 'Landscape' has a range of suggestions and examples of immersing your work in the local landscape; a terrific way to find meaning in your work and a sense of place.

The connection between wellbeing and the creation of textiles has never been stronger, and, as a leading exponent of this campaign, Claire is the perfect author to help you find more than just a finished textile at the end of a project.

### About the Author

Claire Wellesley-Smith is a textile artist living and working in Yorkshire, UK. She teaches extensively, working in adult education, schools, community-based projects, museums and galleries. Her workshops involve sustainable stitch, repurposed cloth, and traditional techniques.