Stitch & Resist: Resource package

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Stitch & Resist

stitchandresist.com
centreofdemocracy.sa.gov.au

@stitchandresist
@centreofdemocracy
@centreofdemocracy
@centredemocracy

Hashtags
#stitchandresist
#craftivism
#centreofdemocracy

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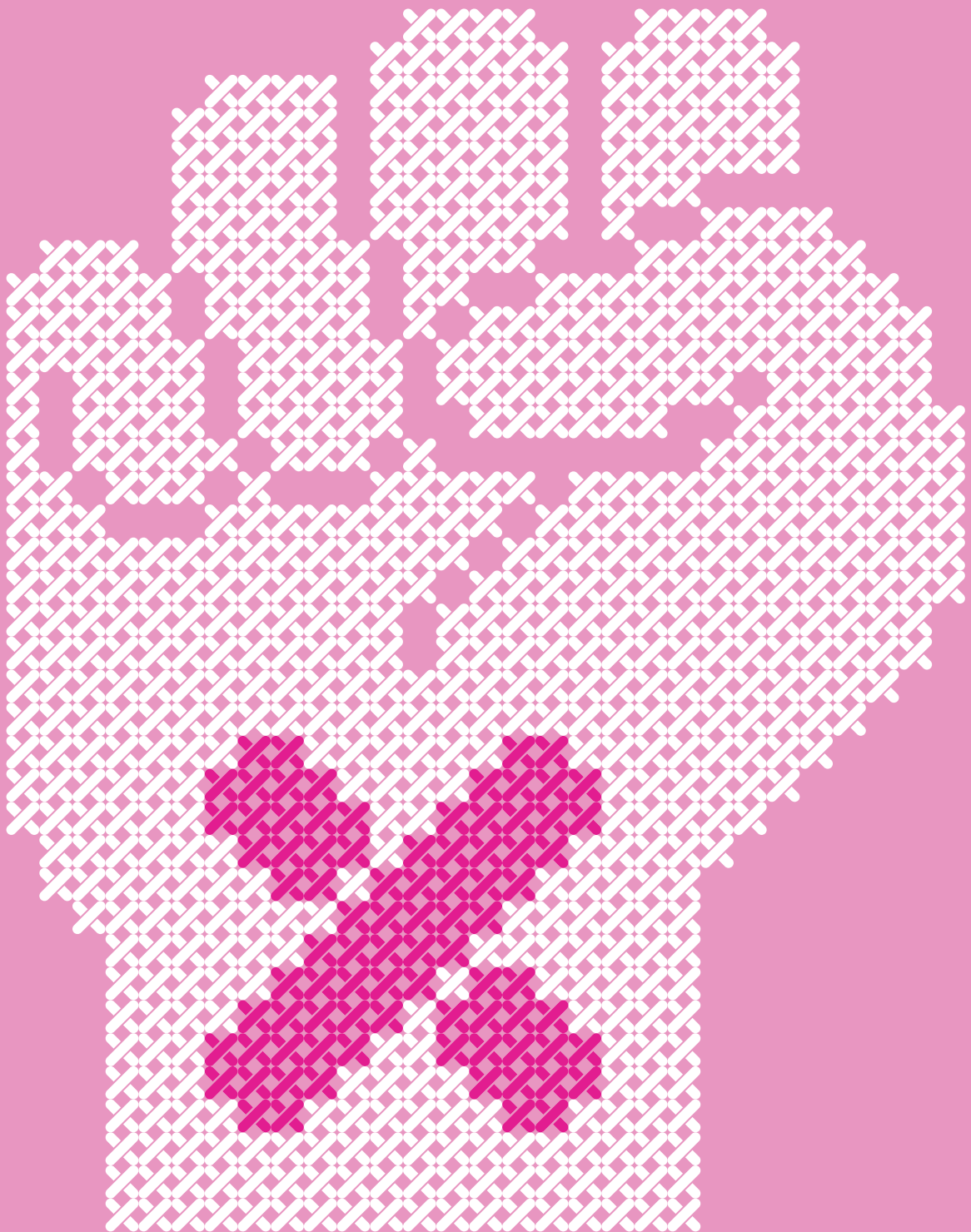

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Hello everyone

We are thrilled that you're interested in participating in Stitch & Resist. You can use this resource pack to support your own craftivism work or to help you facilitate workshops for your organisation, community or friendship group. Please share it with others too.

This project has been influenced by the work of many craftivists, but most particularly by Tal Fitzpatrick's ***Craftivism: A Manifesto/Methodology*** which you can download.

You can use this fabulous little book, along with the other resources in this pack, to think through how to create safe spaces, encourage conversation, listen compassionately, facilitate connections, craft beautiful, powerful pieces, and work together (or alone) to make change.

In the spirit of craftivism we are committed to ensuring that the project is inclusive. Everyone is welcome to participate, and we'd love you to submit images of your work for inclusion in our online gallery. You might also want to talk to us, or to your workshop facilitators (if you are attending a workshop organised by the Centre of Democracy or one of our partner organisations) about offering your work for consideration for inclusion in an exhibition that we are planning for early 2021.

For the sake of coherence, we ask that all work is created in cross stitch, and includes a political message. The message can be in any language, and need not include words if you think a symbol or image better conveys the message you want to communicate. Your piece can be any size. You can create it yourself or with a group of friends. We also suggest you use second hand materials where possible to ensure that the project is as sustainable as possible.

If, after reading this document, you have any further questions or would like to raise concerns you might have about the project, please contact the coordinators Nikki Sullivan and Britt Burton (our contact details are at the end of this document). We are more than happy to answer questions, respond to concerns, and listen to your ideas.

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1–
Centre of Democracy

The Centre of Democracy is home to big ideas, complex histories and difficult conversations.

We are a joint venture between the History Trust of South Australia and the State Library of South Australia, and we have a gallery on the corner of North Terrace and Kintore Avenue, Adelaide, South Australia.

The Centre of Democracy is committed to:

- **Working** with community
- **Reimagining** pathways of engagement
- **Motivating** people to become changemakers

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2–
Craftivism: What is it?

There are many definitions of craftivism but at heart most envisage craftivism as a form of non-violent, peaceful, or gentle activism that usually involves digital engagement.

In the spirit of craftivism Stitch & Resist aims to facilitate the creation of safe spaces in which difficult subjects can be discussed, connections can be made, and change can begin to be realised. Listening and sharing are integral to this process.

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3–
Compassionate listening

All too often when we listen we do so to respond, and not to really hear.

Just Listening is a project that aims to demonstrate the value of connection. Just Listening has made videos to help you think about how to listen compassionately and to really build connections.

You might want to consider screening the videos and discussing compassionate listening at the beginning of your workshop.

Just Listening is brought to you by **Humane Clinic**.

Just Listening
FREE COMMUNITY LISTENING

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4–
What you will need to begin

Aida cloth
The most common material used for cross stitch is Aida cloth, but you can also use linen, or even gingham. Aida cloth has evenly spaced holes. It comes in different counts (sizes) that indicate the number of threads per inch. 14 count is probably the most common, and 6 count is great to learn on but harder to source. The smaller the count the bigger your stitches will be.

Embroidery thread
Also known as floss. This comes in skeins that are usually made up of 6 strands twined together. If you are using 6 count Aida you may want to use three of the six strands whereas if you are using 14 count you may only want to use one or two strands. Each colour of thread has its own code and this helps you to copy printed patterns exactly.

Embroidery needle
It's best to use a tapestry needle with a rounded/blunt point as this is less likely to damage your cloth.

Embroidery hoop
These are not essential but they do help to keep the tension of the fabric firm. They come in all sorts of sizes.

While all of the above can be purchased from craft stores, in order to ensure that Stitch & Resist is inclusive and sustainable, we encourage you to source materials in alternative ways such as:

- Searching through second hand shops.
- Asking friends or family members who may have a surplus of supplies they are no longer using.
- Putting a call out on social media for donations.

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5–
How to cross stitch

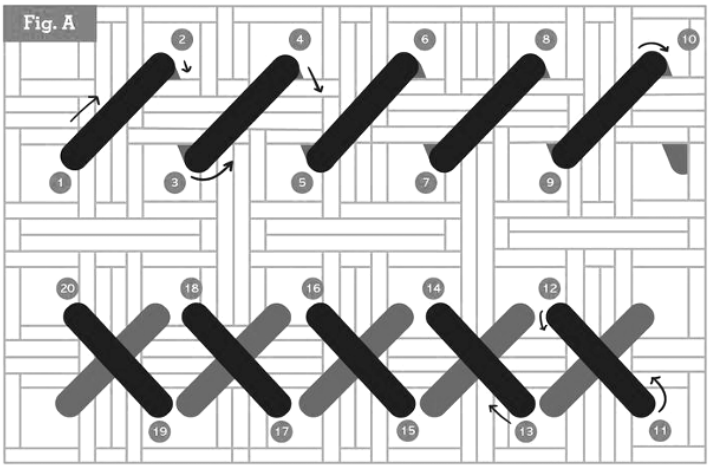
Method

It is usually best to work from left to right. To make a row of Xs start at the back of the fabric and bring the needle to the front (Fig A, 1) leaving a small tail at the back of the fabric.

As you begin stitching, hold the end of the thread against the back of the fabric so the first few stitches catch the tail and secure it.

Pull the thread taught, then pass it through to the back of the fabric diagonally (Fig A, 2). Move along one square and pass the needle to the front of the fabric (Fig A, 3), and then to the back of the fabric (Fig A, 4).

Continue creating a row of diagonal half stitches moving from left to right in the same direction. Once you finish the row of half stitches, move from right to left creating the completed cross-stitches.



Credit Kate Bowlby, A Beginners Guide to Cross Stitch.

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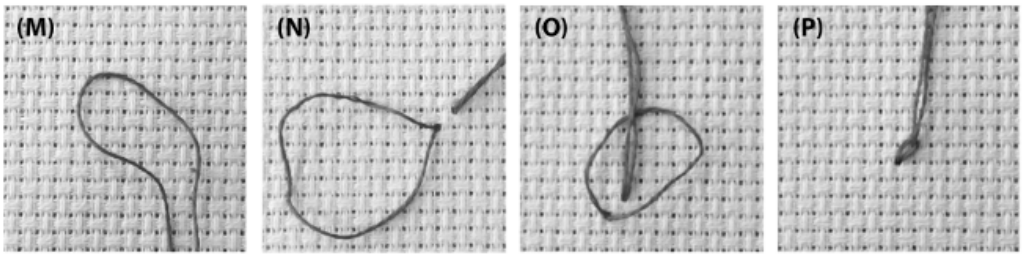
5–
How to cross stitch continued

An alternative way to start cross stitching

Use a single strand of thread and double it to create a loop (M). Thread your needle with the two cut ends and bring the needle up through the back of the Aida and back down again to create a diagonal stitch (N, reverse view). Pass the needle through the loop (O, reverse view), securing the thread to begin stitching (P, reverse view).



Credit Rachel Walker, The Brodrick Design Studio

Video demonstrations

If you prefer to watch a video demonstration please click below.

Cross stitch tutorial for beginners
Cross stitching for beginners

This resource package is released under CC0 license

6–
Using & creating patterns

There is no single way to follow a pattern. Do whatever feels best for you. Just be sure that your cloth is big enough for your pattern. You may also need to centre your pattern.

You might also want to create your own pattern especially if you can't find a pattern with the message on it that you want to create. There are a number of ways to do this.

- **Following a cross stitch pattern**.
- You can draw your pattern on some graph paper. You can use free fonts (there are some included in this pack) and combine them with images or elements from other patterns (you can always pick up cross stitch books and magazines cheaply from second hand shops).
- **You can trace an image onto graph paper.**
- You can purchase or use free software that creates patterns for you. **We love Stitchfiddle**.

Using free patterns

Many craftivists create patterns that they are happy to share with others. It is good, wherever possible, to acknowledge the person who designed the pattern.

We have included some patterns that you might like to use at the end of this document.

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7–
Social media

Stitch & Resist provides an opportunity for each of us to use our social media networks to engage others in conversations about the issues that matter to us.

Please help us to spread the word about, and the work of, Stitch & Resist through your networks using the project hashtag #stitchandresist. Using the hashtag will make it easy for us to find posts related to the project, collect the images and stories shared, and record the history of the project.

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8–
Online gallery & exhibition

Sharing your cross stitch pieces with others is an important way of raising awareness of, and encouraging conversation about, the issues that matter to you. We encourage you to share your work on social media using the hashtag #stitchandresist.

You can also upload images of your pieces to the online gallery which you will find on the Stitch & Resist website. In order to do this you will need to fill in the online submission form and ensure that your images meet the image requirements outlined on the website.

We are planning to mount an exhibition that focuses on the issues raised throughout this project in early 2021. The exhibition will feature original cross stitch pieces and digital images of works. If you are interested in having your work featured in the exhibition please let us know, either by contacting Nikki or Britt (contact details are at the end of this document), or, if you have attended a workshop run by one of our project partner organisations, talk to the workshop facilitator.

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9–
Ownership & authorship

If you submit your work for inclusion in our online gallery you will be asked to provide permission for your images to be published/shared under a CC0 or a CC-BY license.

If you have used a free pattern and you know who created it, please don't forget to credit them. Names of makers will be included for all works that appear (digitally and in their original form) in the 2021 exhibition.

Some of the works created as part of this project may be collected into the State History Collection. When this occurs, standard acquisition procedures will apply. We are more than happy to discuss these with you if you are interested in offering your work for donation (either in digital or original form). Workshop facilitators will also be able to explain more about this to you.

If you have further questions about any of the above, please don't hesitate to contact us.

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10–
Other ways you can contribute

Are you interested in writing? We have a Stitch & Resist blog that you may want to contribute to. Contact us to find out more.

Do you have friends, colleagues or acquaintances who might be interested in Stitch & Resist? Invite them to a workshop, tag them on a social media post, tell them about the Stitch & Resist website and social media pages, or send them the URL for this resource pack.

Talk to your workshops facilitator about other possible forms of activism that you could do alongside creating cross stitch messages.

Got any great ideas we haven't thought of? Please do get in contact if you have ideas about how we can expand the reach of Stitch & Resist.

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11–
Contact information

Please do get in contact if you have any queries, or ideas about how we can expand the reach of Stitch & Resist.

Nikki Sullivan
Email nsullivan@history.sa.gov.au
Phone +61 (08) 8204 8253

Britt Burton
Email bburton@history.sa.gov.au
Phone +61 (08) 8203 9888

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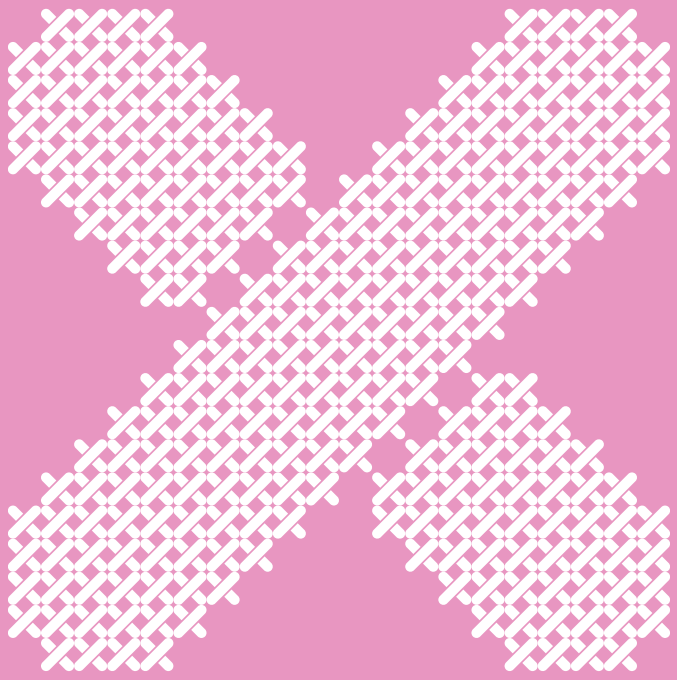
12–
Patterns

Feel free to use any of the patterns from this resource pack. If you upload or display your work please give credit to the person who created the pattern.



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A woman's place
Kate Turner

Stitch Count: 76w x 100h
Finished Size: 27.57 cm x 36.28 cm (14 ct./inch)
Cloth: Linen
Cloth's Color: White
# of colors: 7 Colors

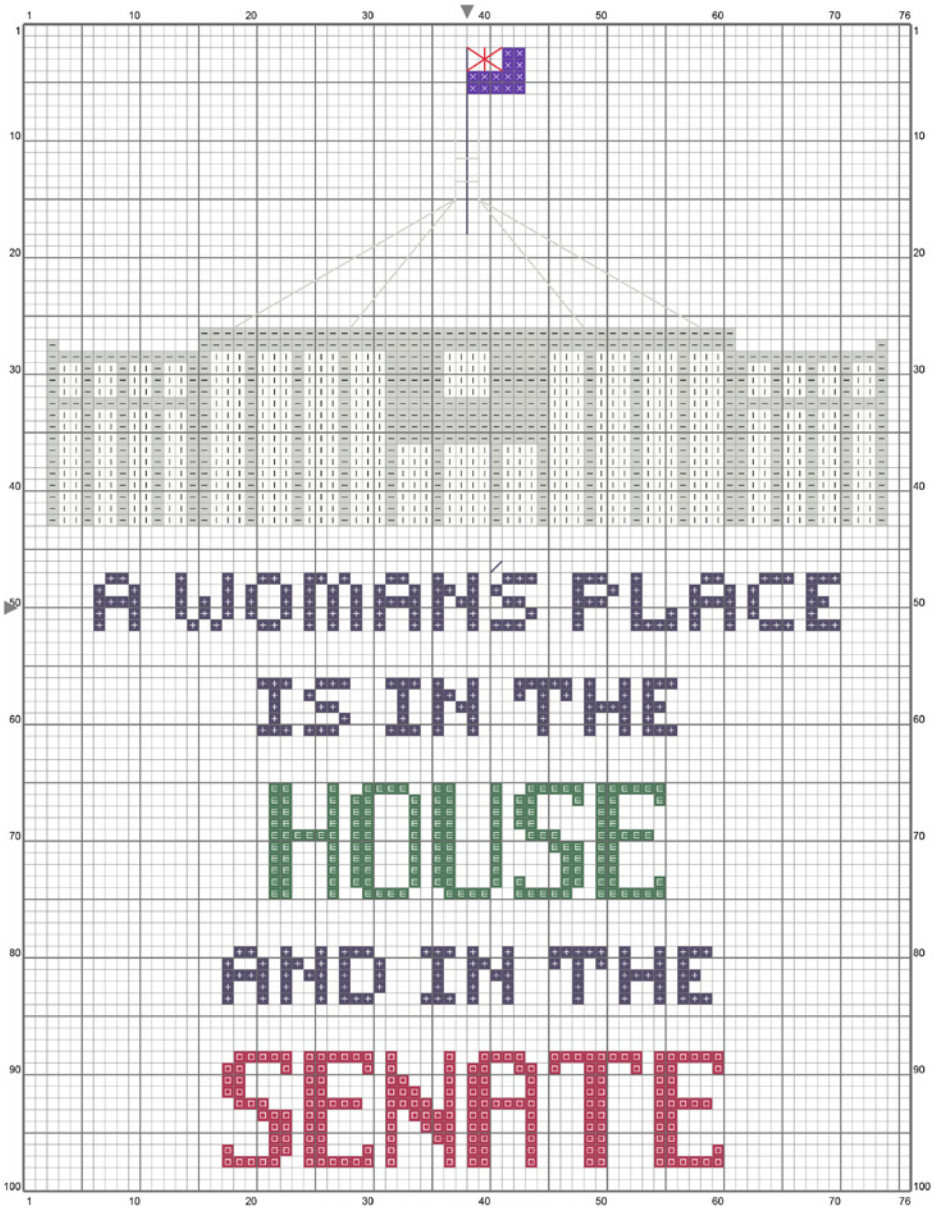
Color Table (DMC)

Cross Stitch

■	150	(191 ct)
■	367	(159 ct)
■	413	(296 ct)
■	648	(520 ct)
■	797	(14 ct)
■	BLANC	(654 ct)

Backstitch

■	413	(2 ct)
■	648	(9 ct)
■	666	(3 ct)



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Point de marque
Therese De Dillmont

Mouliné special embroidery thread
Fils mouliné spécial

SYMBOL SYMBOLE	COLOUR COULEUR	NO SKEINS* NO D'ECHEVETTES*
::	3347	x 1
::	977	x 1
::	350	x 1
::	825	x 1

TOOL KIT - FOURNITURES

DMC Mouliné Special embroidery thread 117MC
Cross stitch fabric Aida - *Toile Aida*
Cross stitch needle - *Aiguille*
Embroidery hoop (optional) - *Tambour (optionnel)*
Scissors - *Ciseaux*

Design size - *Dimensions dessin* :
19.3 x 29.8 cm / 7-3/4 " x 11-7/8 "

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Point de marque
Therese De Dillmont

Mouliné special embroidery thread
Fils mouliné spécial

SYMBOL SYMBOLE	COLOUR COULEUR	NO SKEINS* NO D'ÉCHEVETTES*
::	470	x 2
::	333	x 1
::	349	x 1
::	3031	x 1

TOOL KIT - FOURNITURES

DMC Mouliné Special embroidery thread 117MC
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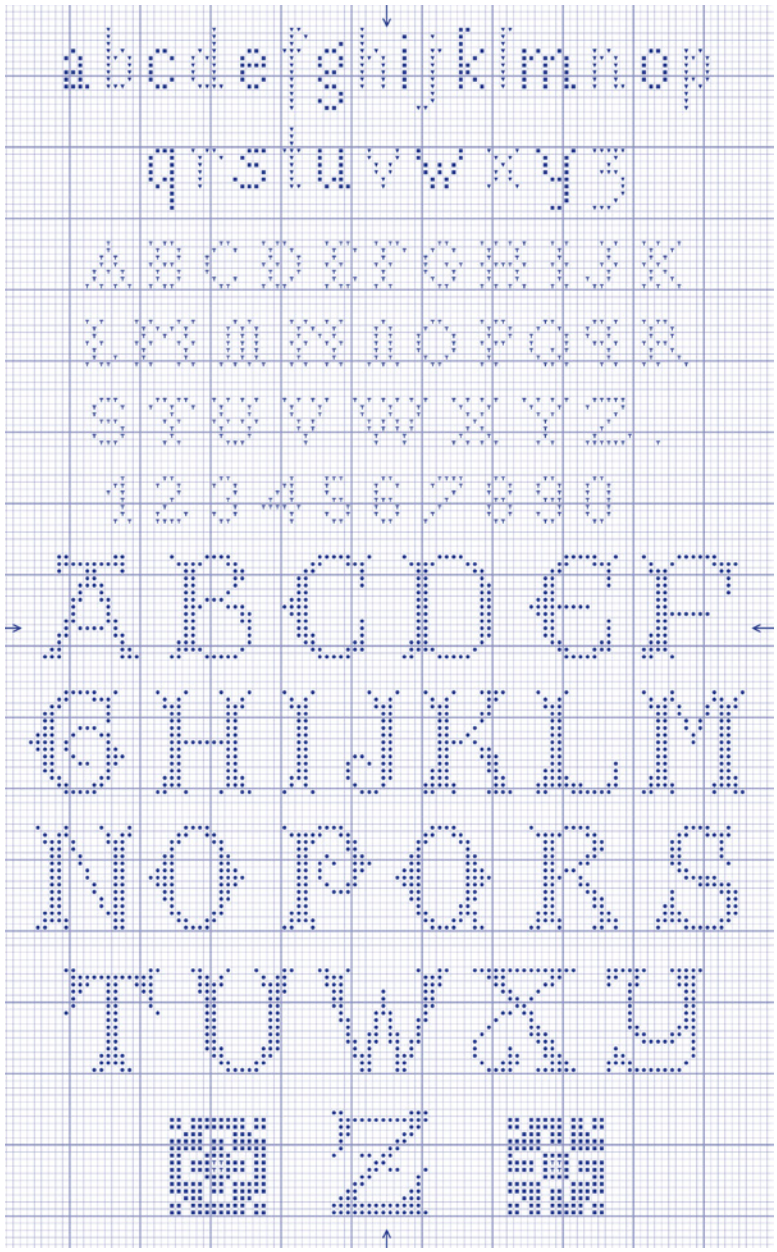

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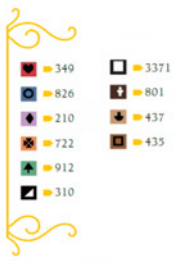
Fuck your internalised misogyny

Stephanie Rohr



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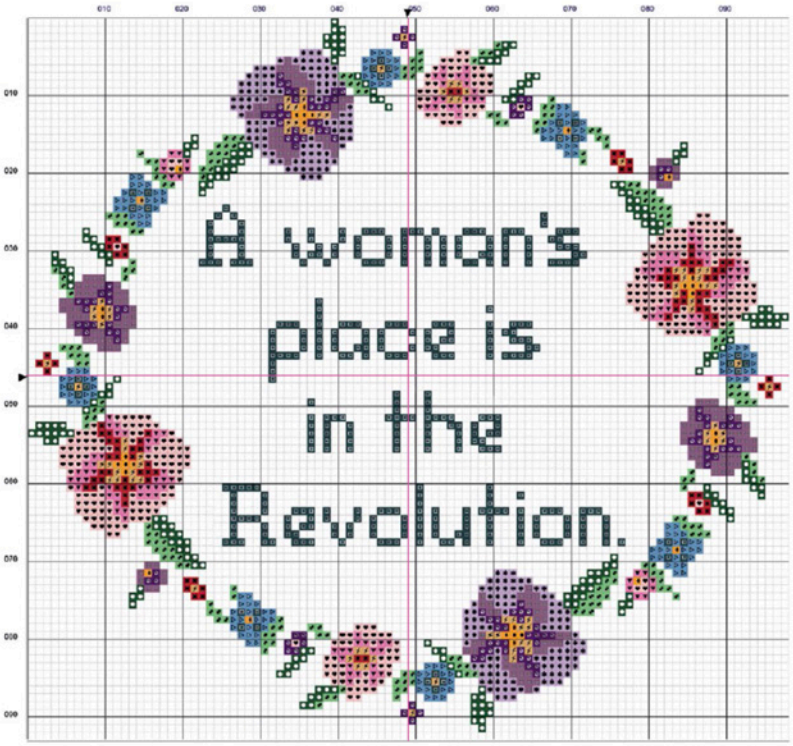
A woman's place is in the revolution
Stephanie Rohr



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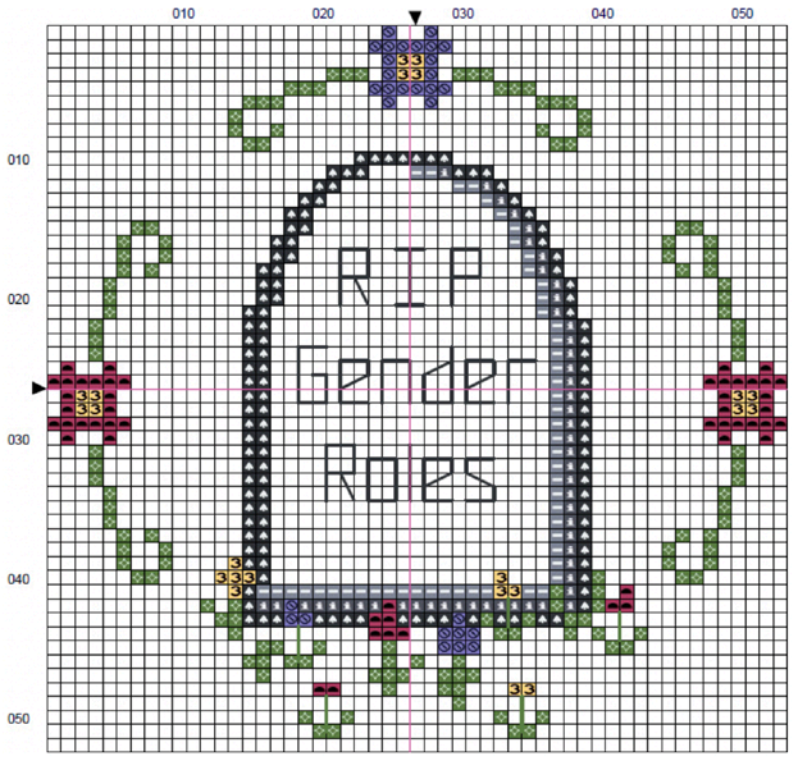
RIP gender roles
Stephanie Rohr



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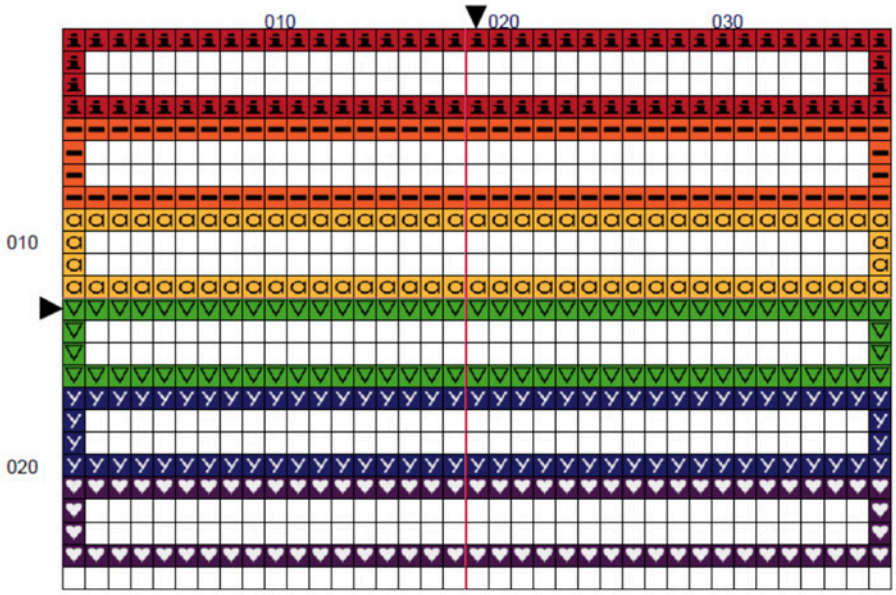
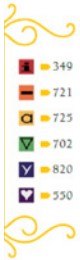
Pride

Stephanie Rohr





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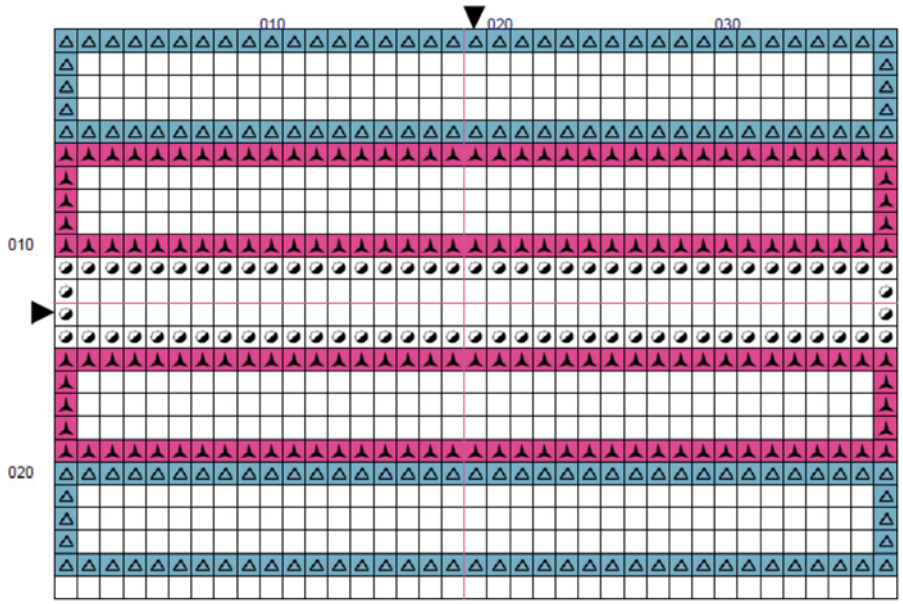
Trans pride
Stephanie Rohr



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Pencil power

Stephanie Rohr

	Number	Name:	Stitches
	DMC 444	Lemon dark	278
	DMC 702	Kelly Green	153
	DMC 3733	Dusty Rose	139
	DMC 310	Black	384
	DMC 318	Steel Grey light	106

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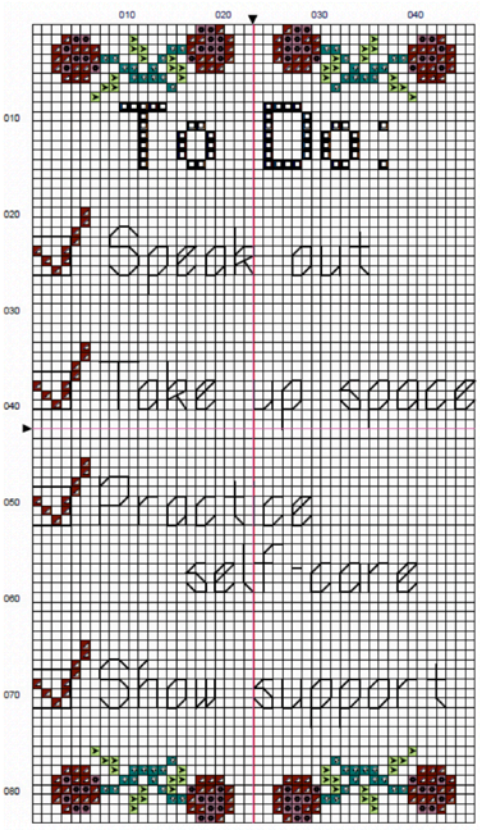
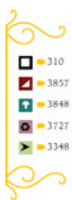
To do
Stephanie Rohr





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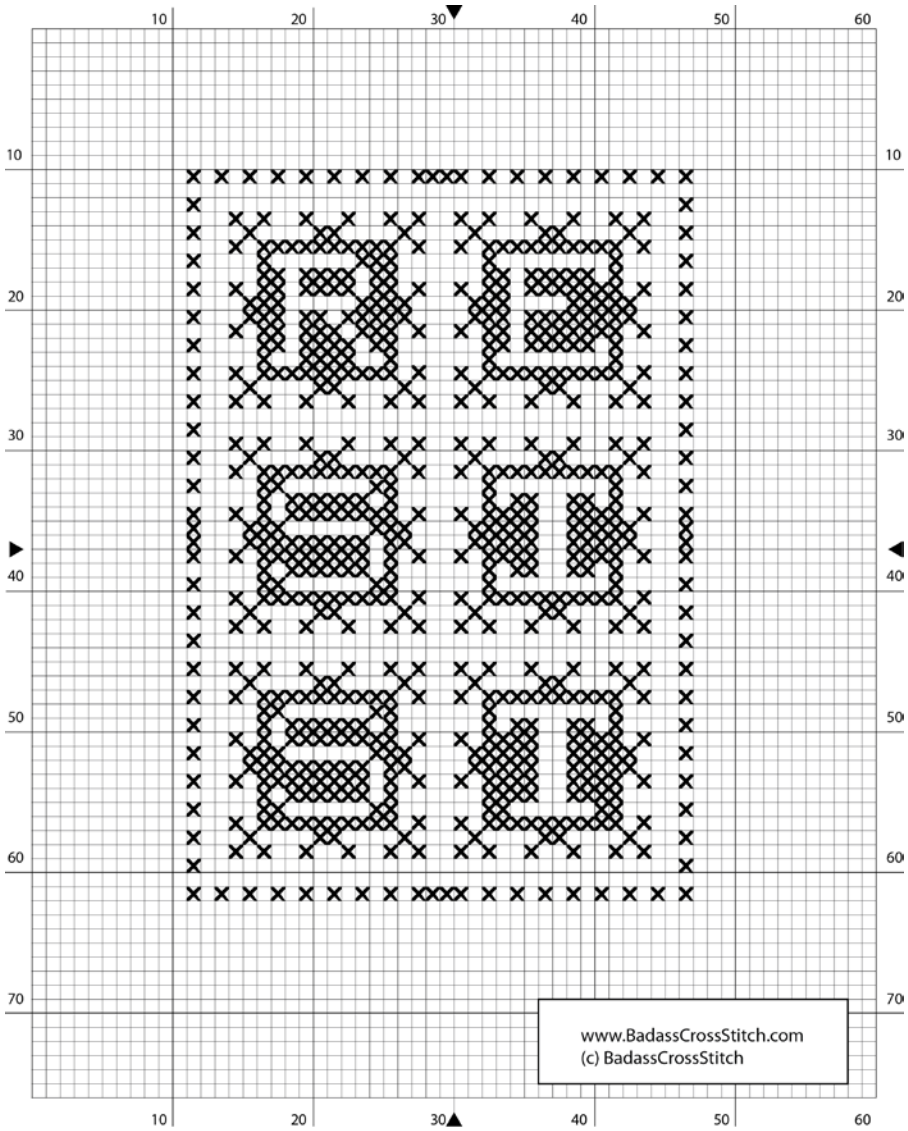
Resist
Badass Cross Stitch



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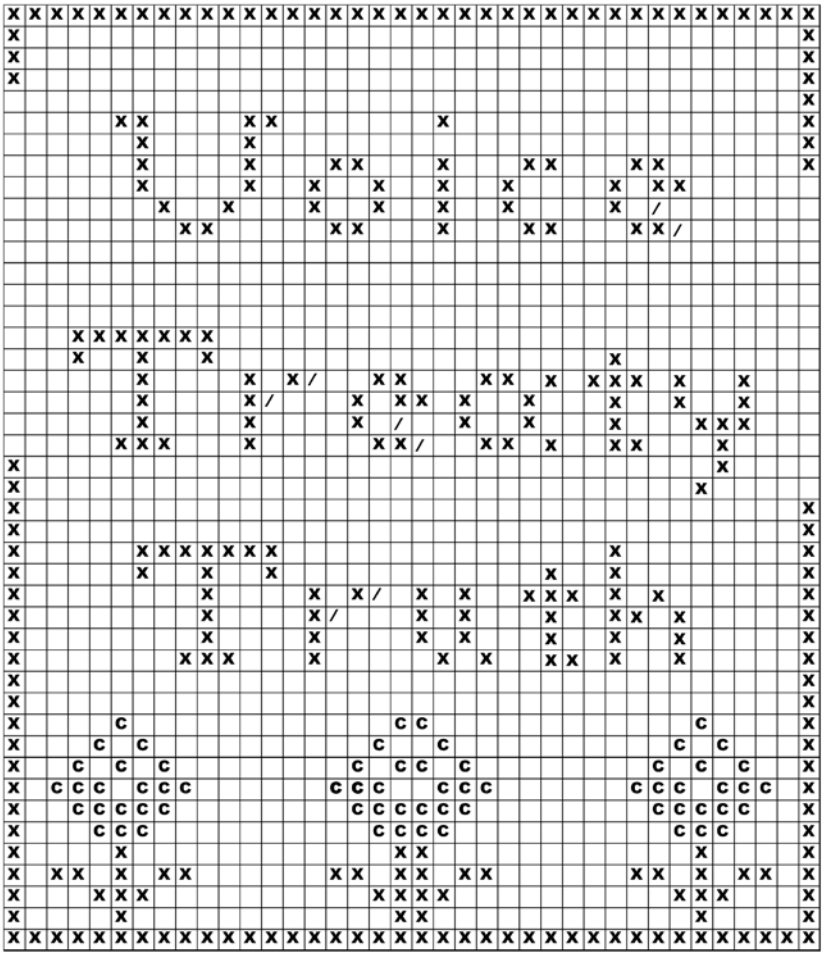
Voice treaty truth
The Adelaide Remakery



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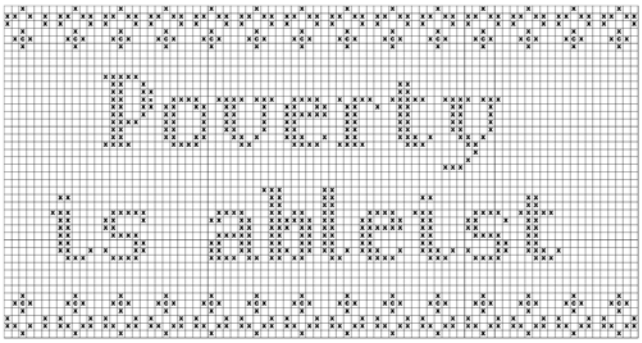
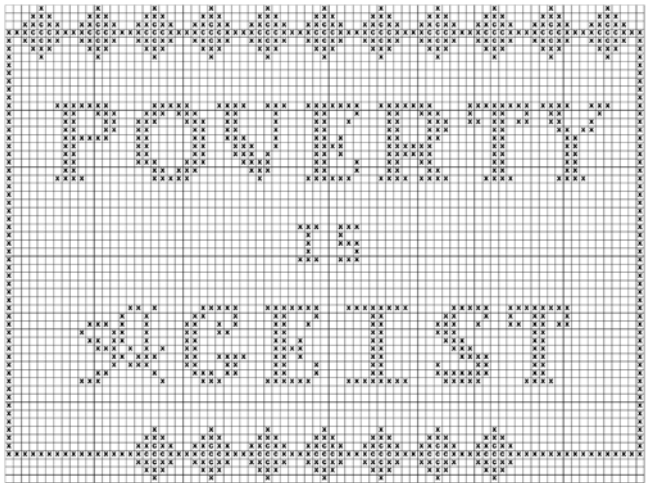
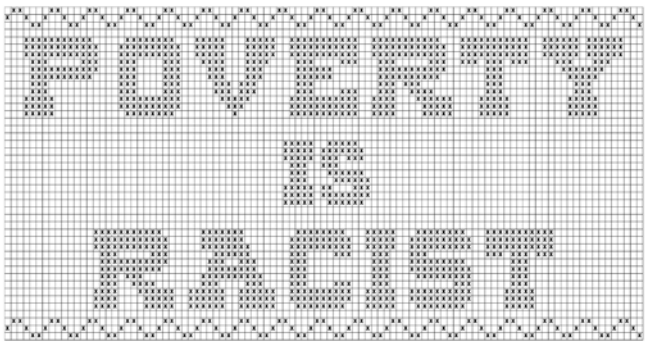
Poverty is ...
The Adelaide Remakery







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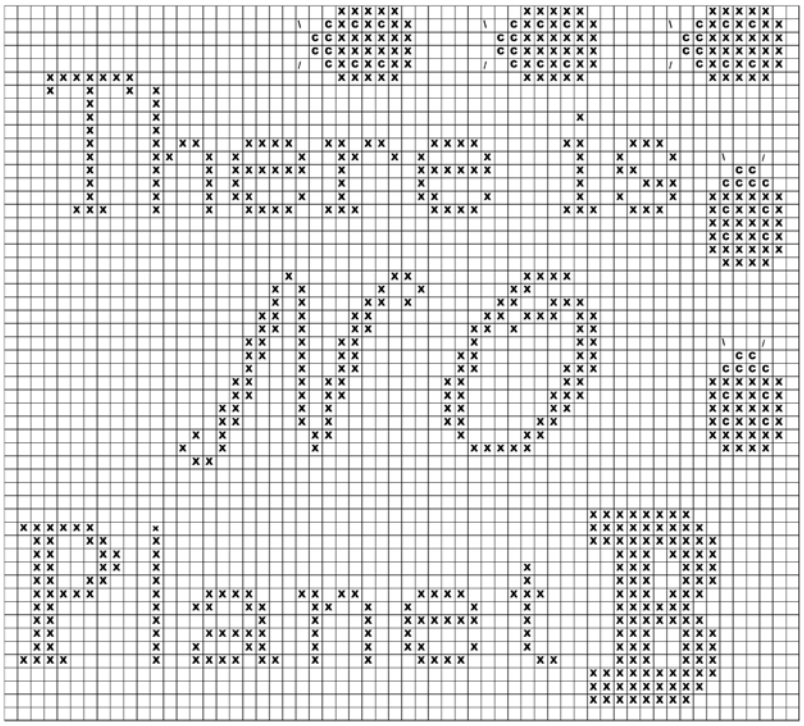
There is no planet B
The Adelaide Remakery



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Defuse climate change now
Crafty and devious

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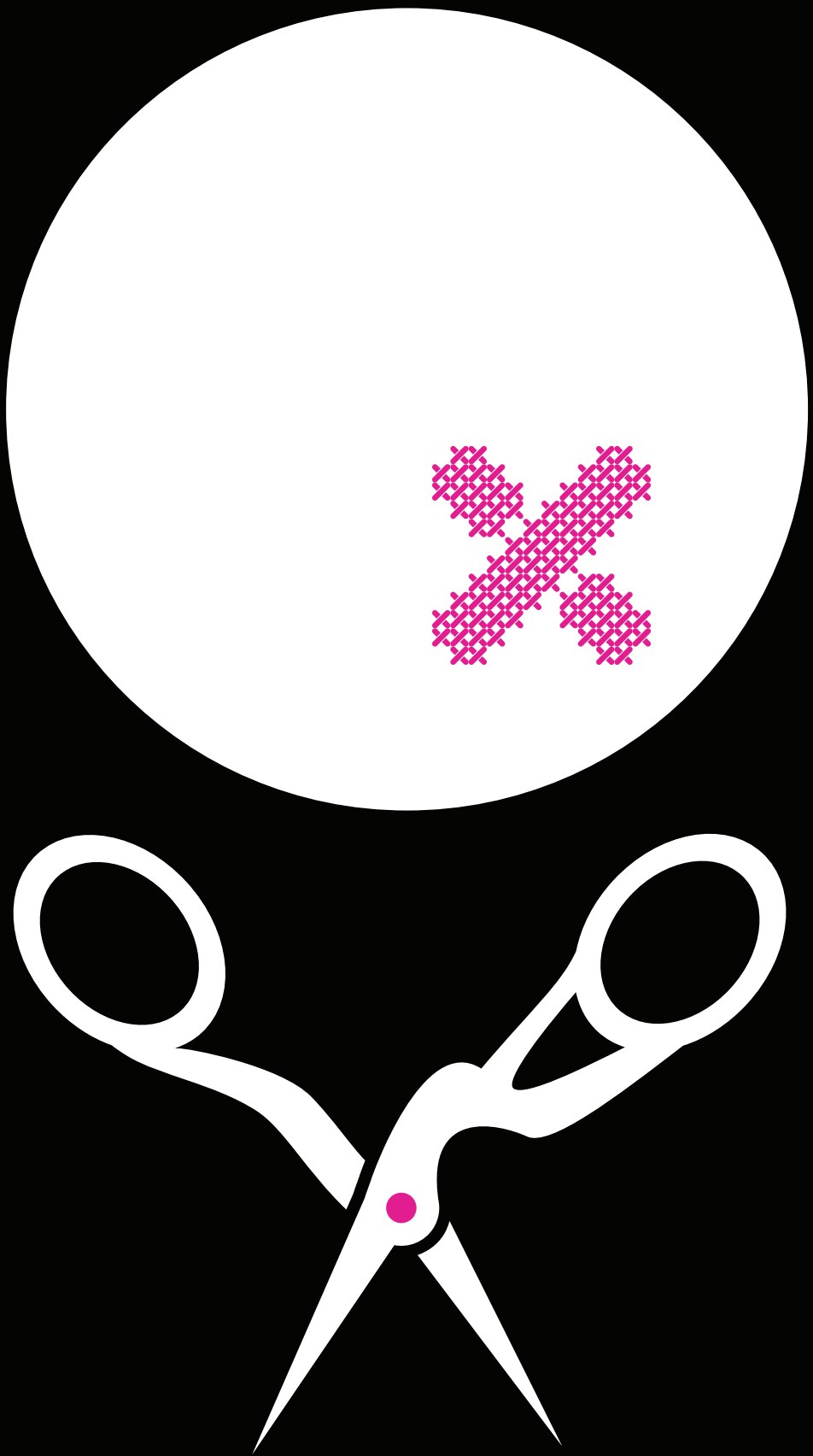
Respect existance or expect resistance

Andrew Gray

Grid Size: 150W x 200H
Design Area: 9.00" x 12.00" (126 x 168 stitches)
Legend:

[2]	DMC	310	black
[2]	DMC	801	coffee brown - dk
[2]	DMC	3815	celadon green - dk