

Weaving a New Story Program Notes

"The Gift"

This image represents courage, compassion and collaboration. In her hands, Liz holds the means via which is it possible to weave a new story about any experience where life has thrown you a curve ball and things are not as you want them to be. It represents the blending of mindfulness training and the creative process, offered to mother's (or indeed anyone) who are seeking to understand themselves more fully and through this, be more available to others and the world.



What are you sharing with the world?

"Sumptuous, gorgeous, and full of meaning"

Working with fabrics brings a lightness and a playfulness to the challenging work of increasing self-awareness. These sumptuous pieces show work that inspires and uplifts. *"Diamond in the Rough"* represents the courage to show up and the power of colour and texture to transform.



Where in your life can you bring playfulness and vibrancy?

Claire - Mother to a wonderful boy child said of her piece **African Rose**
"The vibrant colours of the rose stood out for me and I singled it out from a larger piece of lace. This was then matched to a piece of African print fabric and I connected the two with gold thread. Born in England of African heritage, I thought of the name African Rose as a play on English Rose, which I would never be referred to as, to represent these intrinsic parts of me."



Her piece on the quilt, the red near the bottom right is called **Uncut**

"We had a 'lotus birth', whereby the umbilical cord is not cut so all the blood from the placenta can transfer back to the baby, after a few days the cord naturally comes away from baby's belly button. This piece was sewn together with pieces of fabric, which were all uncut by me, but put together how I came across them. The multi-layered fabric represents the complexities of motherhood and the different shades of reds represent the life-giving blood which passes from mother to baby through the placenta."

"Even my wrong isn't right"

This piece shows that even "wrong" can be beautiful and meaningful. Here the artist was experimenting with perspective of "front" and "back" to create this eye-catching work.

Given permission to "get it wrong" activated strong judging and comparison habits. The textiles provided a more light-hearted way to engage with these mental patterns.



Where can you celebrate a "wrong"?

"Baby Mash Up Quilt"

What started as a mash up quilt ended up a glorious riot of colour and fun. This Baby Mash Up quilt was created from scraps of material that caught the artist's eye, prompted a memory, or inspired her in some way. In this way, a process designed to soothe, contain and nurture mum can be shared as something to soothe, contain and nurture others.



"Golden Thread (the space between)"

What happens in the space between? Here an exploration of that which is usually unseen and unexplored. Creating a sense of holding and containment in that unknown "background" through detailed and precise stitching and use of colour.



Where in your life might it help to explore the space between?

"Taming and Training the Mind"

The discipline of the running stitch in combination with the Kantha quilting technique allowed the artist to tame and train her mind whilst creating this stunning piece. Pause and savour the colours, the contrasts and the creativity. Breathe in....breathe out.



What helps you to tame and train your mind?

"When we need a helping hand"

A creativity explosion combining Sachiko style design, threads morphing and changing and deep meaning. Cocoon Family Support helps those affected by perinatal mental health issues. Their strength lies in being a very special 'Me too' club. This allows parents to speak frankly and honestly about their experiences, and find others who say 'yes me too.'



SewMindful has allowed mums to use their creativity and mindfulness techniques to help improve their mood and to create their own special club. The quilt shows that there is beauty to be found in every experience.

“The River”

This piece represents the notion of a river. The journey taken by this artist was breath-taking. The vibrant colours show the potential of creativity to bring joy even in moments of challenge. The river symbolizes this is a never-ending journey.



Where will your river take you?

“The Threads that bind us together/Babushka Baby”

This piece represents the final “sewing over” ritual where the whole group shared their experience of taking part. Three stitches represented where they have come from, where they are now, and how they intend to be....



“Living in Full Colour”

These pieces speak to the power of community, collaboration and creativity to support change. Having the courage to show up, create and share and move from fear and doubt to abundance. Mindfulness gives us the tools to be ok, even when things are not. This type of gentleness takes real strength.



For more information about the project, please contact Tamara Russell Tamara.Russell@mindbodymot.com

We are seeking sponsorship to continue to exhibit this work, which could include a space to move the show to when it ends (June 2018). Please contact Tamara if you would like to discuss this.

Weaving a new story: A project investigating how mindful textile work can support mothers with postnatal depression is a collaboration between King's College London's Department of Neuroimaging and textile artist Liz Finegold, supported by the Cultural Institute at King's. Additional funding came from the Mindfulness Centre of Excellence and Cocoon Family Support.