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ABSTRACT FOR COT 2018

Title:

Boho coasters – an exploration of hand stitching and design

Aim:

The aim of this workshop is to design and create a boho coaster

Background:

Hand stitching has a long occupational history and is about taking time to explore materials and threads and to make something unique. Building on last year's occupation station on slow stitching, this workshop will incorporate many of those elements of giving ourselves permission to slow down, relax and savour time while engaging with materials and fellow group members. This time an end product is planned and examples of completed coasters will be shared.

Session plan:

Precut shapes for the creation of a boho coaster will be available in different materials along with coloured threads and needles. Tuition will be given to produce a number of decorative stitches to design and create your own boho coaster. Discussion will focus around the value of an end product and the value of hand stitching in groups.

Resources:

Large room with tables and chairs.

Max No:

20

Key words

Hand stitching, slow occupations, creative occupations, group work

Learning Outcomes

1. To engage in a creative design process
2. To explore the experience of a group hand stitching activity
3. To critically discuss the value of an end product

Biography

Helen Wilby, Senior Lecturer in Occupational Therapy, University of Cumbria

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