

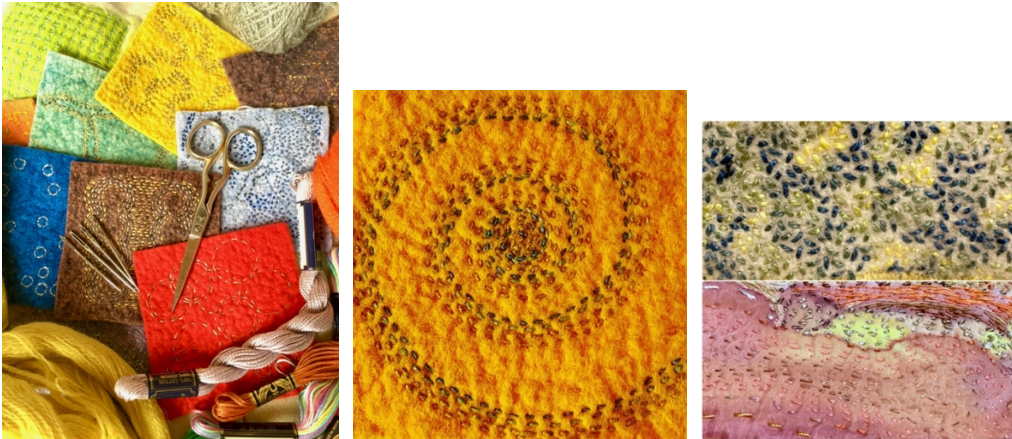
Connecting Threads

(tranquillity through meditative slow stitching)

....for those who may be in need of some social support....

Free Zoom Workshops

or if you are able, by donation to my local foodbank: <https://liskeardlooe.foodbank.org.uk>.



My community project uses meditative mindful hand stitch and is offered on Zoom to those who might be stressed, anxious, be experiencing low mood or who feel isolated. Only very simple stitching techniques are necessary and there is no need to worry if you don't know how, you will be shown. You might be a stitcher and have lots of stuff but if not, don't panic, it doesn't matter. You only need bits of preloved fabric; perhaps cast-off clothes, an old tea towel or bedsheet or even an old blanket will do, so long as they are things you feel comfortable handling, a needle, and any thread you happen to have; that old reel at the bottom of the drawer is fine! This is all that is required.

Groups are on **Wednesdays, either 10.00 a.m. – 12.00 p.m. or 7.00. p.m. – 9.00. p.m.**

....participant comments:

"this simple way of stitching meditatively saved me from horrendous levels of anxiety"

"I take my stitching when I go somewhere that is scary for me, it helps me to feel safe"

For Self-Referral, I will forward a short application form with a couple of questions which will also explain what this group isn't. In addition, we would have a brief virtual chat before joining a group.

For Social Prescribers and Community Providers, I will forward further information and will also be happy to discuss this project with you.

If you are interested and for detailed information, contact me by....

email: mollytufnell@btinternet.com **phone:** 07762 562997

or through my **website:** www.mollytufnell.co.uk

I am an artist mainly using textiles, a qualified teacher and have experienced the benefits of meditative slow stitching for my own mental health.