

Mending Kit Contents

Included in this Kit:

- 1 darning mushroom
- 1 darning egg



- 1 iron



- 1 ironing pad



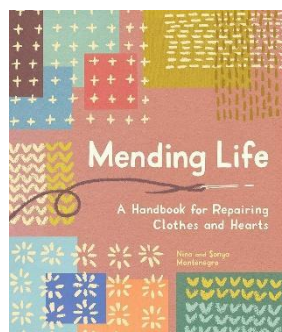
- assorted spools of thread and skeins of yarn



- 25 hand needles
- assorted cut fabric
- denim patches



- 2 copies of *Mending Life*



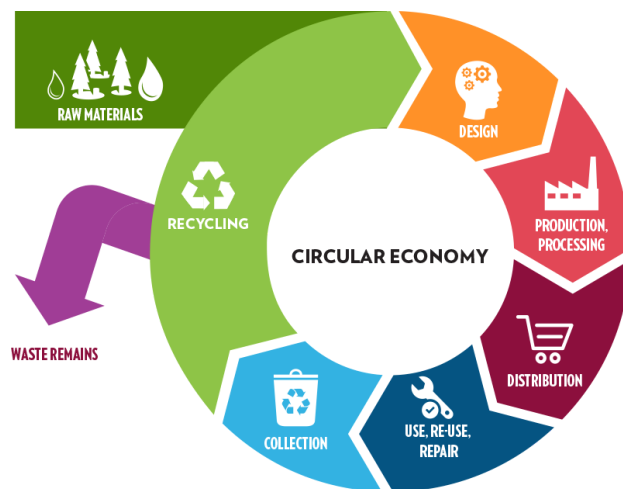
What is Mending?

Mending is the process of repairing, patching, or rebuilding something that is damaged or defective in order to put it back into good working order. In the context of this kit, we are applying the term “mending” to textiles, so anything made out of fibre (clothing, linens like curtains or sheets, bags, etc).

Why Mending?

You might be thinking: “What is the point of repairing something when it’s easier and cheaper to simply replace it?” In many cases yes, this can be very true! We live in a world that follows a *linear economy*, which means that raw materials are used to create something, it is used until it can’t be used anymore, and then is thrown away.

Mending contributes to what is known as a *circular economy*, where raw materials create something, we use it and repair it and use and repair again until it truly can’t be used anymore, and then it is repurposed or recycled into something else.



Textile mending is certainly a skill that has disappeared as clothing and other textile items become cheaper and easier to obtain, but it doesn’t have to vanish completely! Patrons will not only take home new skills when using this kit, but they’ll also have an item that is kept from landfill and being wasted that they may have thought was at the end of its useful life.

Mending can also create a new mindset, where we really think about the items we own and why we want to keep them. The act of mending also puts the human element back into the items we own, and by understanding the work we’ve put into fixing an item, and considering the work that went into making it in the first place, the more we can appreciate it. And besides, if you have a favourite sweater

or a pair of pants that you simply can't bear to part with, why not try to extend its life for years to come?

Visible vs. Invisible Mending

Visible Mending: This type of mending is intended to be seen, and is usually done with bright colours or in a way that might draw attention to the mend that is now a unique feature to the textile. Traditionally, mending was an act of necessity, as people did not own as many clothes as they do today. Today, visible mending become a way for people to show their skills and show that mending is not necessarily an act of repair due to economic factors (although it certainly can be!), but rather a process for enjoyment and for the environment. It's a way to show people that it's socially acceptable to fix things when they're broken.

Invisible Mending: This type of mending is intended to be hidden, or may simply be that way because of the nature of the damage. This might be repairing a zipper, hemming pants, repairing an interior seam, repairing a jacket lining, etc. This type of mending may also be the type that you don't want to be seen, perhaps on a formal pieces of clothing or something with a pattern that you don't want to disrupt.

Types of Mending Covered in this Kit and in *Mending Life*

- **Basic Mending Skills:** threading a needle, tying knots, basic stitches
- **Sashiko:** a striking Japanese hand-sewing technique for reinforcement and decoration
- **Darning:** plain weave, Swiss weave, crocheted patch, knitted patch, and needle-felted patch
- **Patching:** the three best ways to patch holes how-to guide
- **Specialty items:** down jackets, shirt cuffs, linen
- **Common Repairs:** snags, buttons, belt loops, leggings, pant pockets
- **Beyond Mending:** hemming pants, taking garments in, adding pockets

Program Ideas

- Mending Bee: Have people bring items in that need repairing and everyone can work together to learn new skills or share skills for people that might be familiar with one technique but not another.
- Use in conjunction with the Repair Café kit: Some people may not have all of the tools they need, but if you have a volunteer with the skills, they can mend textiles and clothing with the tools from the Mending Kit.
- Use the kit as part of a “lost skills” series of programming. This might also cover different cooking techniques, how to fix certain machinery/small appliance type items, home repairs, as well as mending textiles.