

NOTES FROM PROCESS OR OUTCOME workshop
21st March 2026
Helen Birmingham

Poem written in 1843
The Song of the Shirt,
by Thomas Hood.

Readings from: Threads of Life by Clare Hunter
ISBN: 978-1-473-68791-2

Excerpt from Threads of Life

Beginning: You cut a length of thread, knot one end and pull the other end through the eye of a needle. You take a piece of fabric and push your needle into one side of the cloth, then pull it out on the other until it reaches the knot. You leave a space. You push your needle back through the fabric and pull it out on the other side. You continue until you have made a line, or curve, or a wave of stitches. That is all there is: thread, needle, fabric and the patterns the thread makes. This is sewing.

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FREE WORKSHOP VIDEOS

<https://www.untangledthreads.co.uk/workshop-videos>

*Instructions for design and construction of stitchbook
or directly via Vimeo with code number 661819337*

The Butterfly Effect Workbook £15.00
available from www.untangledthreads.co.uk

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