

Caring For Your Clothes Part 2

This week we continue our series Caring for your Clothes, providing more ways for teenagers to develop their independence and help protect the environment.

Donate and buy pre-loved clothes at op shops.

There are wonderful bargains to be had in op shops, both in everyday garments and in high quality designer clothing. Not only will you be saving money, you will be providing income to a charity, and preventing more clothes from ending up in landfill. You can develop your own unique style, rather than slavishly following the latest fast fashion. Learn about yourself. Focus less on trends and instead learn what styles suit you. Think about colours, patterns, cuts, shapes and fabrics.

Donate your own unwanted clothes to op shops – if they are in good condition, they can be sold, so that they are used again rather than going to landfill. If they are less saleable, some op shops have “rag recycling” programs where they can sell clothes that are in poor condition for recycling as industrial rags, sound-absorption materials, insulation or stuffing. Ask the charity what their acceptance criteria is, because the charity will be liable for any costs associated with sending inappropriate clothing to landfill.

Some clothing (preferably natural fibres) can be used for weed matting. A community garden or landcare / bushcare group may accept donations.

[Planet Ark's Recycling Near You](#) lists organisations who recycle textiles.

How do I find an op shop?

Most suburbs and country towns have an op shop – usually run by volunteers, with the profit going to assist a charity such as Red Cross, a church group which assists those in need such as the Salvos, Vinnies and Anglicare, a local hospital or aged care residence, or local community groups. Ask a local where the nearest op shop is, and you'll not only get directions, but probably a review of which local op shop is the best!

You can look online:

opshop.org

[Melbourne Op Shops](#)

*We've become
fashion zombies
running on a
'trend mill'.*

- Nina Gbor, eco stylist
and clothes swapper
extraordinaire





Week Fifteen



Make your own clothes

Learn to make your own clothes, and you will never have to put up with clothes that don't fit well, that are too long, too short, not shaped to suit your figure. You can develop your own unique style.

Enrol in a sewing class

An internet search for “learn to sew classes Melbourne” produced 10 promising results on the first page. There are courses for beginners through to advanced classes. While these classes will not be available during covid-19 lockdown, they will take bookings for later in the year.

While country areas are less likely to have the private classes offered in Melbourne, there are often classes at local TAFE, Community Houses or Neighbourhood Houses. You can even ask for a course to be organised.

Another possibility would be to ask at the nearest secondary school to speak to the Textiles teacher, and see if they would be willing to give you private lessons.

Learn online

You can learn almost anything from [youtube.com](https://www.youtube.com)

Some website and youtube channels and a book you may find useful:

[nicolemdesign.com.au](https://www.nicolemdesign.com.au)

Book by Nicole Mallalieu: ***You Sew, Girl! Your Ultimate Guide to Sewing with Confidence and Style***

Nicole Mallalieu is a passionate designer and maker of all things “textile”. She graduated (in 1989) from the Royal Melbourne Institute of Technology, with a degree in Fashion, and has worked in Australia, England and Ireland, making clothing, hats, bags and furnishings.

**Sewing-class-in-a-packet
patterns to make
beautiful things
you'll love to wear
and use.**

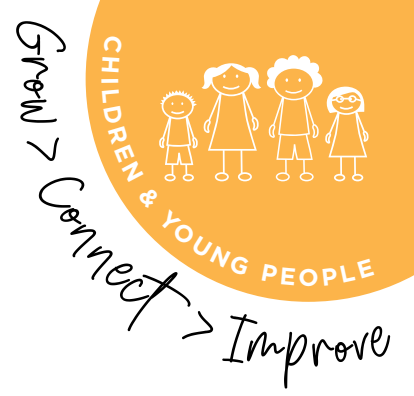
**Take your sewing skills
to new levels.**

**Be proud to say
"I made it".**





Week Fifteen



madetosew.com

Youtube channel: [madetosew](https://www.youtube.com/madetosew)

Made to Sew is a YouTube channel and website where you can learn to sew with Aneka Truman, who is British but now lives in Darwin.



anitabydesign.com

Youtube channel: [Anita by Design](https://www.youtube.com/AnitaByDesign)

Anita Morris is an American, who offers a Beginner's Sewing Course which covers all the basics.

