



# Sutton Coldfield Creative Stitchers

## Workshop Information Sheet

# NICKY BARFOOT – STITCHED SELFIE

## FEBRUARY 2021

**This workshop has been chosen because it is inclusive to all members and does not require the use of Zoom.\***



It is a printable, pdf workbook, with access to video demonstrations for two months.

Nicky's teaching style is very much to provide guidelines, ideas and examples, and encourage folks to work with their own interests and skills (rather than a prescriptive "how to" style workshop). It is accessible to a wide range of stitch experience.

"If you can do a backstitch and trace an outline then you can participate. I also encourage people to

use what they have to hand rather than buy anything special."

"I do encourage people to do a self portrait as it enables folks to really have fun and experiment with e.g. pouty lips, mad hairstyles, funky glasses etc. but it still works for a portrait of someone else if they really can't bring themselves to do their own likeness."



\*On April 17<sup>th</sup> we will be offering a free optional 'show and tell' Zoom get-together with Nicky where you can show the rest of the group what you've done, and also to get some feed-back, help, and ideas from Nicky in a live group environment. This will be free of charge. There is also a private facebook group for those interested (not everyone is on facebook so this is an added extra not a requirement) where folks can share work in progress, ask Nicky questions and cheer each other on etc.

### Requirements list:

I'm a big fan of using what you have rather than buying specifics. That said, the following will be needed:

- A Selfie photograph printed on to printer paper for tracing purposes. The demonstrations use an A4 size.
- A piece of tracing paper, a pencil, a rubber.
- A piece of tissue paper the same size as the photograph. You need to be able to see through it to trace the outline so white(ish) is best. I collect the tissue paper that comes in shoe boxes etc for this purpose.

- A few dressmaking pins.
- Embroidery needle(s), embroidery floss and/or quilters cotton (suitable for hand stitching).
- Background fabric. Use what you've got. Calico is great for mixed media work. Natural linen is great for acrylic paints. Cottons with subtle patterns on are great if you fancy working on an existing background.
- A piece of additional natural fabric to stabilise the work (I use old cotton pillowcases, shirts or curtain lining), or fusible interfacing if preferred.
- A hoop or frame if you like to use one.
- A steam iron for setting and finishing purposes.

### **Optional supplies**

These depend on how you'd like to embellish your portrait and what you have in your stash. I recommend you be creative with what you have rather than buy anything new.

- Fabric scraps for appliqué (and fusible web if you like to use it).
- Any other haberdashery e.g. lace, ribbons, beads etc.
- Coloured pencils, normal graphite pencils, felt tip pens, biros, etc.
- Aquamedia supplies such as neocolour crayons, water colour pencils and paints, water, soluble graphite.
- Paint brush(es).
- Acrylic paints.

**To book your place**, please complete the SCCS virtual workshop booking form attached.

The completed form and payment by cheque made out to 'Sutton Coldfield Creative Stitchers' must be received by Janet Epps no later than January 29<sup>th</sup> 2021.

Participants will receive their workbook and links to video access via email on 1<sup>st</sup> February.

OUT OF RESPECT FOR THE TUTOR WE WOULD ASK THAT YOU DO NOT SHARE ACCESS TO THIS WORKSHOP

Any queries please get in touch via the SCCS website. We are very happy to help.

Janet, Julia and Carolyn (The Programme Team)