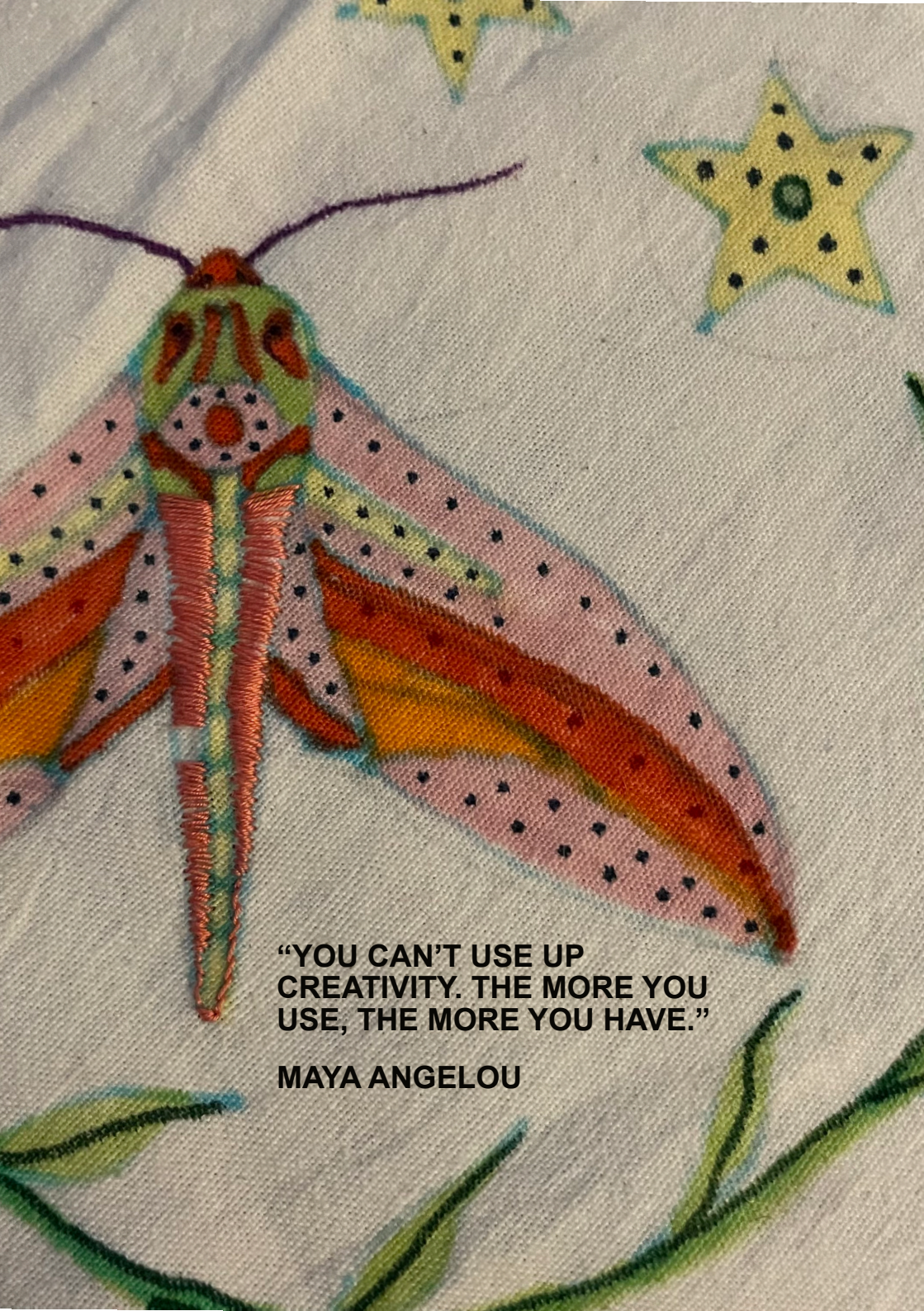


CREATIVE SPARK



STITCH



**“YOU CAN’T USE UP
CREATIVITY. THE MORE YOU
USE, THE MORE YOU HAVE.”**

MAYA ANGELOU



About Creative Spark

The Creative Spark series of instructional zines are intended to provide a spark of inspiration for people wanting to create projects in Stitch, Lino Print, Clay, Drawing, Painting and Willow. Each of the booklets gives an introduction to a technique with patterns and ideas to complete one project. This project can then be repeated with a tweak or developed further. It is intended that the zine gives you the Creative Spark to ignite your own projects by giving you the skills and confidence to develop your own ideas.

We all need a bit of inspiration and a spark of an idea. These workshops have been shared with hundreds of people over the past 15+ years and can be completed at home or sign up for a workshop at the Raveningham studio in South Norfolk to develop your creativity further.

Sarah Cannell

Sarah grew up in the marshes of south Norfolk and studied at Falmouth Art School in Cornwall. Inspired by landscape, nature and creative process she works in stitch, clay, printing, painting, drawing and curating exhibitions. Sarah has worked with hundreds of artists, organised sculpture trails, exhibitions, and run workshops across the UK over the past 20 years.

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YOU WILL NEED

Plain fabric - cotton, linen or similar non stretchy fabric.

Embroidery threads - lots of lovely colours.

Scraps of patterned fabric.

Needles and pins for hand sewing.

Needle threader - to make it easier.

Sharp scissors for fabric.

Set of fabric pens.

Pencil 2B, pencil sharpener.

Tracing paper.

Iron and ironing board.

Embroidery hoop - optional.



1. Prepare your fabric for the project. A plain linen or cotton sheet would work well, the fabric needs to have a fine weave and no stretch.

2. Iron your fabric. Starting with a well ironed piece of fabric will help when you come to draw out the design. I tie a piece of ribbon around my sharp fabric scissors to make sure I only use them for textile projects, using them on paper will blunt them and make it difficult to cut fabric neatly.

3. Cut 4 pieces of plain fabric using the size of the Creative Spark A5 booklet as your size template.

4. Select a design from the back pocket, lay tracing paper on top and draw over it with a 2B pencil. Put the tracing paper face down onto your prepared fabric 'page' and draw over the back of the design again to transfer the pencil lines to the fabric.

5. Re-draw over the faint pencil lines with colourful fabric pens.

At the back of this zine in the pocket there are 4 designs of Norfolk inspired creatures: Star Gazing Hare, Moth, Fox, Pigeon. I created 20 stitched pages onto a recycled french linen sheet over the course of a year, stitching a little bit at a time. There is no pressure to complete this project quickly, I find it is good to turn to when you need to relax and have a moment of calm. The creative fun is all about using scraps of material that make you happy and combining your own colours and stitches. I enjoyed adding running stitch to the background of some and filling spaces with french knots. Working on a series is a good way of taking pressure off yourself as you are not aiming to create one final perfect piece.

By experimenting on each page you will improve your stitching skills and discover your own style and palette. As with all things creative playing and experimenting without judgement are the key.

To see all 20 designs and step by step images go to [@creative_spark_workshop](#) on Instagram



STITCHES

Star Gazing Hare

Running stitch
French knot
Star stitch

Moth

Running stitch
French knot
Star stitch



Get Sewing

6. When you have transferred the design on to the fabric you can start planning your fabric scraps for collaging. I used patterned scraps to give each page a sense of the creature being in a landscape. The contrast of patterned fabric with simple stitch can be very pleasing. Cut out your fabric scrap and pin in place. Use running stitch to secure the scrap to the page.

7. Start with running stitch to outline the creature and then enjoy playing with a variety of stitches from the following pages. Use contrasting threads and stitches to build up the surface design.



STITCHES

Pigeon

Running stitch
Chain stitch
French knot
Satin stitch

Harvest mouse

Chain stitch
Running stitch
French knot
Star stitch



Before you start stitching use your fabric pens to draw over the outlines of the design. This will give you a strong start and you can either stitch over with a similar or contrasting coloured embroidery thread. **I split my thread to 2 strands for stitching the designs and use a needle threader and a needle with a large eye.

Enjoy the project and take your time to play with stitches and colour to create a series of pages which can be individually framed or loosely stitched together to form a book of stitched magic.



Running Stitch Outlining creatures with straight and curved lines. The spaces between the stitches can be the same length as the stitches or shorter for a different look. Keep an even tension and avoid pulling thread or the stitches will pucker. Use contrasting threads.



Back Stitch Outlining creatures with a bolder looking stitch. By using back stitch the spaces between running stitch are filled in. Work from right to left.



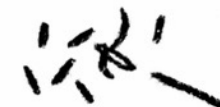
Star Stitch Stars make great decorative accents. Stitch from the end point of each star into the centre in a clockwise direction until you have evenly placed stitches to create a star.



Chain Stitch Outlining, straight and curved lines. Work from right to left. Bring needle up t 1 and back down at 2. Move left and bring needle up at 3, then back down at 1. Continue stitching. Make shorter stitches for curved lines and shapes.



Seed Stitch The stitch is magical, it's supposed to look like a random scattering of seeds and fills spaces beautifully. The challenge with this seemingly simple stitch is to keep the 'seeds' looking randomly spaced. You can place one or two small straight stitches side by side to fill an area. Seed stitch requires concentration as trying to achieve a 'random' look is surprisingly tricky!



French Knot Decorative dots, I have used french knots to fill the body of the fox. Bring needle up through fabric. Hold thread taut with other hand and wrap the thread twice around end of the needle. Gently pull the thread so that the wrapped threads tighten and while holding it taut, insert the needle back close to the start of the stitch and pull thread through. The knot is formed on the surface.





Sarah Cannell is a multi disciplinary artist with a love of drawing, colour and nature. Working in ceramics, stitch, paint and print she is inspired by the natural surroundings of the woods, tracks and marshlands in the Waveney Valley on the Norfolk Suffolk border where she has her studio.

"I have always stitched, since I was very little. Hand-stitching projects at school, using a machine to create my own clothes from curtain fabrics at college and turning to hand-stitching as a calming activity every winter. I have loved making this series of creatures and felt moved to share the project with my students and a wider audience of textile lovers.

Follow my creative practice on instagram [@sarahcannellartist](#) and [@creative_spark_workshops](#)



CREATIVE SPARK SERIES

A series of inspiring creative projects.

Designed by Sarah Cannell.

LINOPRINT - INKY DRAWING

WILLOW LANTERN - CLAY



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