



This is an easy read document about fibreshed



How to use this document

This is an easy read document. But you may still need support to read it. Ask someone you know to help you.

Words in **bold blue writing** may be hard to understand. They have been explained in a box below the word.



The Handloom Room

PHOTO  SYMBOLS



Open Story Tellers
living through story

This document was made into easy read by **The Handloom Room** using **Photosymbols** and **Unsplash**. It was checked by **OpenStoryTellers**.

Contents

How to use this document.....	1
Contents.....	2
What is a fibreshed.....	3
Why is fibreshed important.....	7
What is so bad about plastic clothing (poster).....	9
What does fibreshed say we can do to make things better.....	10
What are regenerative fibres.....	12
Hard words	14



What is a fibreshed?



A fibreshed is an area in the country, like the South West of England, that grows and makes its own clothes and textiles.



This is Rebecca Burgess. She started Fibreshed in California. Now there are 45 groups across the world.



Fibreshed has lots of different members including farmers, people who process **fibre**, and people who knit, weave and dye clothes and textiles.

Fibre is yarn that can be made into clothes or textiles. It can be made of wool, cotton, linen, acrylic, polyester, nylon and many more.



Fibreshed members make clothes and textiles that are good for people, wildlife and the earth.



Growing and making clothes and textiles in a local area can help people be more connected to the earth and help to protect nature.



Fibreshed is about using what we have growing in our area, like sheep wool, alpaca wool, **linen** or **hemp**.

Linen is a fibre that comes from the flax plant. It grows well in the UK.

Hemp is a fibre that comes from the cannabis sativa plant. It grows well in the UK.



It is about finding natural ways of dyeing clothes and textiles different colours using plants.



It is about local people doing the work, rather than people living in countries far away.



FIBRESHED!

Fibreshed wants more people to know about it and get involved.



It is also about making sure there is no waste from making clothes and textiles.



If there is waste, it should be able to go safely back into the ground as compost.



Fibreshed is **regenerative**. This means thinking carefully about how clothes and textiles are grown and made. It also means thinking about how they are worn, looked after and what happens when we have finished with them.

Regenerative is when something can be renewed or refreshed. Something that is **regenerative** has lots of positive effects.



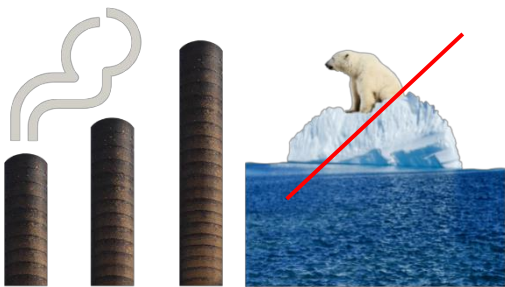
Why is fibreshed important?



The **fashion industry** is making **climate change** worse. There are lots of problems all over the world because the earth is getting hotter. It affects humans, animals and nature.

Fashion industry is the name for the people and businesses that design and make clothes all over the world.

Climate change is big changes in the weather. For example, storms getting worse than they used to be. Or having less rain and our air getting warmer.



Lots of the methods used to grow and make clothes are harmful to humans, animals and nature.



These methods include:

- making clothes out of plastic fibres such as **acrylic** and **polyester**
- dyeing the clothes different colours using harmful dyes
- using lots of water and **pesticides** to grow fibres such as cotton.

Acrylic and polyester are fibres that are used to make clothes and textiles, that are made from plastic and petrol.

Pesticides are made of chemicals that are used to kill insects that harm food or textile crops.



When we throw things into the bin, our waste gets taken to a landfill site. Our rubbish stays on the earth and causes harm to nature and the environment.



Our clothes can end up harming the environment even if we give them to a charity shop. If they don't sell, they may get sent abroad where they end up on big waste piles.

70% of the clothes we wear are made of plastic.



Polyester is made from petrol. It takes around 70 million barrels of petrol to make polyester for the **fashion industry** each year.



When plastic clothes are washed, lots of plastic fibres come out of them and end up in our water system. This means that we end up drinking tiny plastic fibres in our water.



What is so bad about plastic clothing?



Plastic clothes are not **biodegradable** and can't break down naturally. They stay on the earth for hundreds of years.



Lots of plastic from our clothing ends up in the rivers and seas and it affects the fish and animals that live there.

Biodegradable items can break down naturally and go back into the earth. Things we compost are **biodegradable**.



How can we make things better?



We can wear natural fibres such as wool, [hemp](#), [linen](#) and organic cotton.



We can stop buying plastic fibre clothes such as [polyester](#), [acrylic](#), nylon and elastane.



We can buy less items of clothing and keep them for longer.



We can learn to repair our clothes when they start to wear out.



We should wash our clothes less often and on a low temperature, with mild detergent.



We can support our local fibreshed and help more new clothes to be made from local and natural fibres.

What are regenerative fibres?



Regenerative farming makes soil and the natural landscape healthier.



When soil is protected, less **carbon dioxide** gets into the environment to cause the earth to get hotter.

Carbon dioxide is a gas that is bad for our environment and causes the earth to get hotter.



When soil is healthy, it is better protected against pests and diseases. It creates healthier food for us to eat and it supports more wildlife.



Regenerative sheep farmers allow their sheep to naturally move around the land as they would if they lived in the wild. This helps to protect the soil.



Sheep manure helps to make the soil richer and brings more insects and wildlife to the area.



Sheep on a **regenerative** farm have a happy and healthy life. The wool is cut from the sheep and is then spun into **fibre** and made into clothes or other textiles.



You can find out more about Fibreshed on their website: www.fibreshed.org

You can find out about the South West England Fibreshed on their website: www.southwestenglandfibreshed.co.uk

Hard Words

Regenerative

Regenerative is when something is renewed or refreshed. Something that is regenerative has lots of positive effects.

Fibre

A fibre is yarn that can be made into clothes or textiles. It can be made of wool, cotton, linen, acrylic, polyester, nylon, elastane and many more.

Linen is a fibre that comes from the flax plant. It grows well in the UK. **Hemp** is a fibre that comes from the cannabis sativa plant. It grows well in the UK.

Fashion Industry

The fashion industry is the name for the people and businesses that make clothes all around the world.

Climate change

Climate change is big changes in the weather. For example storms getting worse than they used to be. Or having less rain in some places. Or our air and water getting warmer.

Acrylic and Polyester

Acrylic and polyester are fibres that are used to make clothes and textiles that are made from plastic and petrol.

Pesticides

Pesticides are made of chemicals that are used to kill insects that harm food or textile crops.

Biodegradable

Something that is biodegradable can break down naturally and go back into the earth.

Carbon dioxide

Carbon dioxide is a gas that is bad for our environment and causes the earth to get hotter.