

## Exhibitors:

**Becky Barnes Style** - <https://www.beckybarnesstyle.com/>



*Personal Styling made easy - and it doesn't have to cost the earth*

Welcome! I'm Becky, a peri-menopausal mum on a mission to help women who have fallen out of love with themselves and their wardrobes. I'm a stylist, everyday activist and passionate speaker on the topic of sustainable style.

I know what it's like to :

- reach an age where you wonder which shops are now off limits as well as the confusion that comes when your body shape changes.
- to hold onto clothes 'just in case' but open your wardrobe doors and see absolutely nothing you want to wear.
- put on your clothes that now don't feel right but you don't know where to start to try and find a new style.

I also know what it's like to care about the planet and want to create a more sustainable wardrobe but without having to wear a shapeless, beige dress.

I've experienced it all first hand and that's why my job and my passion is to help bring clarity to all these dilemmas and more for you through my own learning which has led to tried and tested solutions for over 1100 women. Believe it or not, shopping and dressing can actually be one of life's simple pleasures. I'm ready to help make it easier and more fun for you whilst leaving the lightest footprint possible on the planet.

**Emersons Green Library** – <https://beta.southglos.gov.uk/emersons-green-library/>

Old school sustainability – have look at the range of sustainable fashion books at Emersons Green library.

**Fabrics Plus** - <https://www.fabrics-plus.co.uk/pages/about-us>



When Sarah and Robin found out that Fabrics Plus was going to close, due to retirement, they decided to buy the business at the beginning of June 2018. This business was too important for the local and wider communities to allow it to close.

Fabrics Plus has a broad range of Quilting, Craft and Dressmaking Fabrics, Wool, Haberdashery, Dress and Knitting Patterns, Books with plenty of inspirational ideas and a knowledgeable staff who are always more than willing to help and advise on all manners of sewing, quilting, knitting and crocheting projects.

Sarah has been an avid sewer since first learning how to sew from her Mum when she was 5 years old. Robin trained as an upholsterer and antique restorer after leaving school, fuelled by his love of antique furniture but for the last 25 years has been a sales rep in the BBQ industry. After many years of making quilts for our growing family, as well as soft toys, dolls clothing and, indeed, clothing for herself, Sarah had a brilliant idea for a product that could be sold at craft fairs and artisan markets across the region. From that, Sarah's Sewing was born and the majority of the fabric used came from Fabrics Plus.

**In Stitches** - <https://institches.shop/about-our-classes>



In Stitches came to life when two friends, Sarah and Rachel, decided to follow their hearts and create a small business that's all about stitching.

They say 'Every day we're doing what makes us happy. *Handmade Happiness* is all about the therapeutic benefits of being creative.'

Their motto is *#everystitchmatters* and they apply this to every aspect of what they do. They tailor workshops to suit a wide array of different ages and abilities and are proud of the relationships built with organisations like [Auti.ms](https://www.autism.org.uk) to work with girls and women who are living with autism.

They run classes and events locally, so go and talk to them about scheduled classes or a bespoke session, maybe for a birthday, hen party, family gathering, baby shower or a community event.

**Hives and Herbals** - <https://www.hivesandherbals.com/>



Run by Alyson, the creator of Bristol Hives & Herbals! Also known as 'The Bee Lady'! And her daughter Katie. Alyson's bees are super local – across the ring road at the Sainsburys distribution centre (behind the folly pub).

In 2010, following redundancy, Alyson was away at a festival and took part in workshops based around foraging, preserving food and making natural skincare.

Those experiences sparked something and she saw opportunity, to combine her love of gardening with a new found passion for bee keeping, to make her own products.

Katie's love of insects, passion for natural products and dedication to being eco-friendly makes her the perfect addition to Hives and Herbals.

Their ethos was very clear from the beginning, that the honey bees were well cared for and treated with respect, making sure to value their contribution to our local eco-system.

Only surplus raw honey is removed from hives, simply extracted/filtered and put straight into jars, nothing added.

The purest excess wax is collected, hand cleaned and used in balms and salves. The wax not used in skincare is used in candles.

They also don't use unnecessary packaging, all packaging we is either reusable, recyclable or compostable.

**St Peters Hospice - <https://www.stpetershospice.org/>**



St Peter's Hospice has been serving the community across the wider Bristol area since 1978. The Hospice was named after St Peter's Hospital that had once stood in the Castle Park area of the city until it was destroyed during the Blitz in 1940. St Peters believe that everyone with a life limiting illness deserves access to the best possible care and to live their final days with dignity. Every year the Hospice makes a difference in the lives of thousands of people. Whether that is help managing pain, bereavement support or providing relief from symptoms, the hospice team works 24/7 to support patients and their families.

The Hospice is also a centre of educational excellence and they teach other healthcare professionals about how to care for people at the end of their lives, supporting the NHS and care homes provide end of life care.

All of this work would not be possible without the support of the community. Every time you shop with them, donate, take part in an event, sponsor a friend or volunteer, you make a difference in the lives of so many people in the community.

All donations for refreshments today will be handed to St Peters today and we would especially like to thank Jess, manager of the Downend shop for the enormous support given to today's event.

**Pootle with Poppy - [https://www.instagram.com/pootle\\_with\\_poppy/](https://www.instagram.com/pootle_with_poppy/)**



A gathering of vintage and handmade lovely treasures.

**Rio Wild - <http://www.riowild.co.uk/>**



Rio Wild Designs – Creative sustainable designs for every body.

We are Fruit Salad - [https://www.instagram.com/fruit\\_salad\\_bristol/](https://www.instagram.com/fruit_salad_bristol/)



Sustainable & slow fashion streetwear, REWORK - Created using pre-loved clothing & fabrics.

Bristol DJ - <https://bristol-dj.com/>



Top Rate Experienced Professional Wedding & Event DJ in Bristol & the South West.

## Upcoming events

**Clothes Swap** –including a costume swap ahead of world book day – Emersons Green Village Hall - 1<sup>st</sup> March 2025

**Open Gardens** – May 24<sup>th</sup>, have a look at local gardens that are definitely not Chelsea gold medal worthy but will give you inspiration and ideas for what grows well in our soil. Pick the brains of experienced and novice gardeners alike and meet your neighbours.

## Recommended reading

**Less: Stop Buying So Much Rubbish: How Having Fewer, Better Things Can Make Us Happier - Patrick Grant**

We used to care a lot about our clothes. We didn't have many but those we had were important to us. We'd cherish them, repair them and pass them on. And making them provided fulfilling work for millions of skilled people locally.

In this passionate and revealing book about loving clothes but despairing of a broken global system Patrick Grant considers the crisis of consumption and quality in fashion, and how we might make ourselves happier by rediscovering the joy of living with fewer, better-quality things.

Weaving in his personal journey through fashion, clothing and the other everyday objects in his life, this is a book that celebrates craftsmanship, making things with care, buying things with thought and valuing everything we own. It explains how rethinking our relationship with clothing could kickstart a thriving new local economy bringing prosperity and hope back to places in our country that have lost out to globalisation, offshore manufacturing and to the madness of price and quantity being the only things that matter.

### **Wasteland – Oliver Franklin-Wallis**

Award-winning journalist Oliver Franklin-Wallis finds out what happens to the things we throw away in his first book, *Wasteland*, which covers everything from Ghana's second-hand clothing markets to sewers and landfills around the world. It's a shocking and fascinating look at the world's "waste crisis", to which fashion is a major contributor.

Follow Oliver on Instagram.

### **Look @ The Labels – Jennifer Countess von Walderdorff**

Experienced fashion buyer and merchandiser Jennifer Countess von Walderdorff is on a mission to help consumers find more sustainable options when they need to shop for something new. This is a useful, straightforward take on how to buy good clothes that actually suit you, so that you'll want to keep them in your wardrobe for years to come.

Keep up to date with Walderdorff's growing Look @ The Labels movement on her [website](#) or [Instagram](#).

### **How to Break Up With Fast Fashion – Lauren Bravo**

London-based journalist Lauren Bravo strives to make issues of sustainability and ethics accessible to a mainstream, fashion-loving audience. In her book, she tells the story of her search for a slower, saner way of dressing, and helps you do the same. *How To Break Up With Fast Fashion* will help you to change your mindset, fall back in love with your wardrobe, and embrace more sustainable ways of shopping.

You can read [Bravo's article on traceability for Good On You](#), and follow her on [Twitter](#) or [Instagram](#).

## **Consumed: The Need for Collective Change: Colonialism, Climate Change, and Consumerism – Aja Barber**

Aja Barber is a writer, stylist, and sustainable fashion consultant. She does an incredible job of educating people on race, ethics, [intersectional feminism](#) and how systems of power affect our buying habits. Consumed is a call to action for consumers everywhere, that asks us to look at how and why we buy what we buy, how it's created, who it benefits, and how we can solve the problems created by a wasteful system. You can follow Aja on [Instagram](#)

## **Fashionopolis: The Price of Fast Fashion and the Future of Clothes – Dana Thomas**

Having spent her entire career writing about fashion for some of the world's foremost publications, Dana Thomas was perfectly placed to unravel the story behind fast fashion in her third book, Fashionopolis. The book offers hope through insights into the people around the world who are striving to create a better, more sustainable future for the industry. It makes a great read for fashion lovers who want to understand the industry better, and there's a [young readers edition](#), too.

Subscribe to Dana's [newsletter](#) or listen to her [podcast](#).

## **Unraveled: The Life and Death of a Garment – Maxine Bédard**

Denim production can have serious [social and environmental consequences](#), from high water usage to sludge-ridden rivers and serious labour concerns. In Unraveled, Maxine Bédard—an entrepreneur, researcher, and advocate—follows the life of a pair of jeans, from a Texan cotton farm all the way to the sewing floors in Bangladesh and Sri Lanka, before ending up in the Amazon warehouse where the jeans will ship out from.

Keep up with Maxine on [Instagram](#).

## **Loved Clothes Last – Orsola de Castro**

Loved Clothes Last is the ultimate guide on how to love, mend, and repair your clothes in the fight against fast fashion, from Fashion Revolution activist Orsola de Castro. Learn [simple tips and tricks](#) to help you breathe new life into your wardrobe and fall back in love with the clothes you already own—the most sustainable thing you can do with your fashion choices.

Follow her on [Instagram](#), and check out [Fashion Revolution](#) while you're there.

## **A Life Less Throwaway: The Lost Art of Buying for Life – Tara Button**

Instead of surrounding ourselves with throwaway stuff and appliances with built-in obsolescence, Button advocates a life that celebrates what lasts, what is classic, and what really suits a person. Check this one out to discover the ten steps to master



mindful curation, which will see you leading a happier and healthier life that saves the planet, too.

Button is the founder of the minimalist eco webshop [Buy Me Once](#).