



5 Ways to Help Reduce Textile Waste

Olive Road London is an online fabric shop created by me, Sarah Richards, focusing on vintage and remnant fabrics. Vintage is a fun way to recycle giving a new lease of life to unique fabrics. I am passionate about reusing these beautiful textiles, preserving their history. Preventing them from reaching landfill and adding to the global textile waste issue.

My Nan taught me to sew as a young child before I went on to study fashion & design for 4 years at the London College of Fashion. After working in the Fashion Retail industry for 10 years as a Buyer and Exec Assistant I have witnessed first-hand the textile waste issue increasing with the fast fashion model.

I created Olive Road London as an outlet to refresh, repair and reuse pre-loved fabrics. My shop is named after the street my Grandparents lived on for 60 years.

The negative effect of fast fashion on the environment also applies to dressmaking fabric. Who made our fabric? Were the farmers, yarn manufacturers, weavers and printers paid a living wage? Were harmful chemicals used? Reducing our textile waste helps the environment as we utilise what is already available rather than diminishing the Earth's resources buying new.

1. Can you find what you are looking for second hand online or in charity shops, swishing events and vintage fairs?
2. Buy new fabric made from organic and recycled fibres.
3. If you change your mind, donate clean, quality fabrics to charity shops or sell to friends and online.
4. Use up what is already in your fabric stash. The most sustainable fabric is the one you already own.
5. Utilise your fabric scraps leftover from dressmaking and upholstery. The projects in this leaflet have been designed to use up those small weird shaped pieces of fabric left over from dressmaking.

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FABRIC SCRAP BUSTING

patterns for zero waste sewing

Using this booklet

This booklet doubles up as a template to make 4 practical accessories. I've kept the instructions simple in order to fit them into this one paged booklet. Find more detailed instructions with photos and videos on my website:

www.oliveroad.london/fabric-scrap-busting/

NOTES

- For the mask lay the 2nd page flat and fold at the dotted line over the page. Transfer the pattern onto a piece of card. Or measure a piece of card 19 x 21cm. Draw around the card onto fabric – it is quicker to make lots of masks this way.
- Sew small pieces of fabric together to create a larger piece. Either with an overlocker or regular sewing stitch for speed. Hand sew using patchwork instructions or the Japanese technique of Boro and Sashiko.
- Seam allowance 1cm
- RS = Right Sides e.g. place right sides of fabric together
- WS = Wrong Side
- PIP = Pin in Place



Equipment Required

- Fabric + paper scissors
- Dressmaker pins
- Sewing thread various colours (Polyester is most versatile)
- Ruler & pencil
- Sewing needles (variety of sizes)
- Sewing machine
- A large safety pin
- Ribbon and thin elastic
- Various scraps of fabric

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Face Mask

- 1) Cut 2 pieces of fabric from the mask template (see front page)
- 2) Cut 2 pieces of narrow elastic apx 20cm long (or to your preferred measurement)
- 3) Place RS of the fabric together, lay fabric flat with long edge at the top
- 4) Place one end of the elastic to the top left hand corner, sandwiched between the two pieces of fabric
- 5) Place the other end of this piece of elastic to the bottom left hand corner
- 6) PIP with the main body of elastic moved away from the edges
- 7) Repeat steps 4 to 7 with the second piece of elastic on the right side of mask
- 8) Find the centre point of the top long edge of the mask
- 9) Measure 5cm on either side of this point and place a pin vertical to the edge
- 10) Pin the two pieces of fabric together around the rest of the mask
- 11) Sew around the edge from one of the top pins round to the other
- 12) Pivot around the corners at a 45 degree angle
- 13) There should be an apx 10cm opening at the top of the mask
- 14) Turn the mask the right way out through this opening
- 15) Press, tucking the SA at the top so they are level with the top edge
- 16) Top stitch the top edge closed with a 5mm SA
- 17) Place the mask flat with the long edge at the top
- 18) Create 3 x 5cm pleats by folding the mask over from short edge to short edge
- 19) PIP, top stitch using 1cm SA, avoiding the elastic – press and it is ready to wear!

Drawstring Bag

- 1) Flatten out this booklet, using this as a pattern, cut two pieces of fabric
- 2) Place RS together, PIP
- 3) Sew along 1 short side and 1 long side
- 4) Sew along the remaining long side leaving a 4cm gap at the top (open end)
- 5) Press this side seam open from the top to 5cm past the sewing line
- 6) Fold over open short edge by 1cm, RS to WS, press
- 7) Fold again by another 3cm, press, PIP
- 8) Top stitch around this the hem, close to the edge
- 9) Measure 20cm length of cord or ribbon
- 10) Secure a large safety pin to one end of the cord
- 11) Insert the safety pin into the channel you have created with the hem
- 12) Keep pushing the fabric back over the cord until the safety pin comes out the other end, remove pin
- 13) Tie the ends of the cord together, press and your bag is ready to use!

Picnic Tote Bag

- 1) Using this whole page as a template, cut out two pieces of fabric
- 2) RS together, PIP
- 3) sew along one of the short edges and the two long edges
- 4) Zig Zag or overlock the edges
- 5) Hem the top of the bag: fold edge by 1cm RS to WS, press
- 6) Fold again by 3cm, press and PIP
- 7) Top stitch close to hem edge
- 8) Measure the length of straps you want (short handles work well)
- 9) Add 3cm to the length x 8cm wide and cut two from fabric
- 10) Fold over the long edge by 1cm RS to WS, press
- 11) Repeat on other side
- 12) Fold in the centre, long edges together, press & PIP
- 13) Top stitch along the long side, close to the edge of the fold
- 14) Zig Zag or overlock the short ends
- 15) Repeat steps 10 to 14 for the 2nd strap
- 16) Lay bag flat and find centre point at the top opening
- 17) Mark with a pin
- 18) Place the edge of one strap 3cm to the right of this point
- 19) Take the other end of the same strap
- 20) Place this end 3cm from the left of the centre point (same side)
- 21) Tuck the short ends inside the bag, level with hem, PIP
- 22) Repeat on the other side of the bag with the other strap
- 23) Sew straps in place using a square top stitch then a criss-cross

Cutlery Roll

- 1) Using this whole page as a template, cut out 3 pieces of fabric
- 2) Fold 1 of these pieces in half long ways and press
- 3) Layer the 3 pieces on top of each other, RS together:
 - Folded piece is the middle layer, raw edge on outer edge
- 4) Cut 2 pieces of ribbon 15cm long, placing 2 short ends together
- 5) Tuck into the layered pieces so raw edges are caught into the stitching
- 6) Follow steps 8 to 17 from the mask instructions
- 7) There should be an opening on the centre piece of fabric – this is where the cutlery sits
- 8) Mark 4 equal sized compartments or to the width you prefer
- 9) Top stitch in place, going over folded edge by 1cm
- 10) Back stitch to make secure, place in cutlery, roll up and tie with ribbon