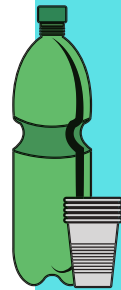


LDPO invites you to join Immortal Bloom on a creative exploration of recycled packaging materials collected from your weekly shop.

In these sessions, we begin with a short introduction to the materials available to us in our everyday recycling, and explore simple but effective crafting techniques we can use to re-imagine, rebuild and repurpose items.

The second key part will be to highlight and discuss the difficulties people with impairments may face when taking part in both online and traditional workshops. This will become the talking point in how we can improve and get around these obstacles.

These sessions are easy, simple and for all levels of crafters! So why don't you join us on our wonderful and interactive journey of crafting!

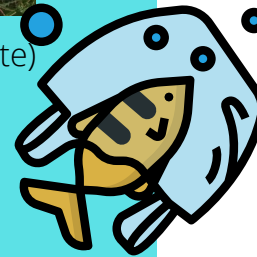


ALL YOU NEED TO BRING IS:



(image description: recycling waste)

- TETRA PAKS**
- CARTONS**
- TUBS**
- PLASTIC BOTTLES**
- GRAPE BOXES**
- MILK BOTTLES**
- DESSERT CONTAINERS**
- YOGURT POTS**



We want these sessions to be a safe and hygienic as possible, so please ensure all of the items you have selected are washed clean before we start.

EQUIPMENT

- SCISSORS**
- SELLOTAPE**
- HOLE PUNCHER**
- THREAD/STRING/WIRE**
- DARNING/SEWING NEEDLES (LARGE HEAD)**
- NEEDLE THREADER**

Any tools you can find in your stationery drawers or sewing kits.

We do advise to use any adaptive equipment you may have.



((More information on the following pages))

WORKSHOPS

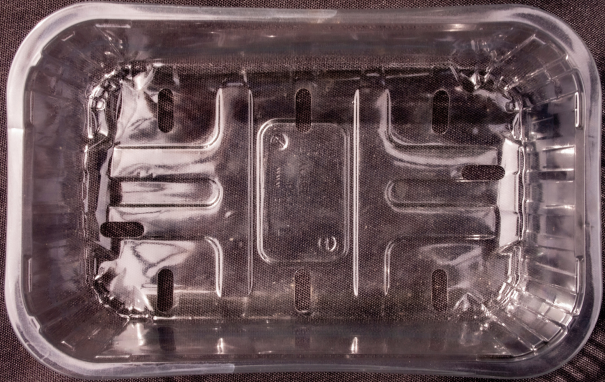
Deconstruct>Reconstruct



Mini Eden Project



Biodegradable Herb Pot



E.g. Photograph- A grape box
We will be looking at two domestic waste products.

One cardboard and one PET plastic.

We will start by exploring each items strength properties, so we can then manipulate the material into a reformed 3D shape using **scissors** to cut panels and **sellotape / clear tape** to further stabilise the structure.

This will be followed by a guided workshop on the main points of recyclability and the processes we can utilise to get creative using these materials.

(image description: PET plastic greenhouses)

A step by step workshop on the reimagined uses of **PET** plastics for making miniature greenhouses for seed / plant nurseries.

Taking inspiration from DIY greenhouses built from plastic bottles it breaks down this concept to create architectural forms made from 1 or 2 plastic waste products.

The nature of this gives autonomy to crafters with instructions for how to build a basic greenhouse using techniques that can apply to any PET plastic waste.

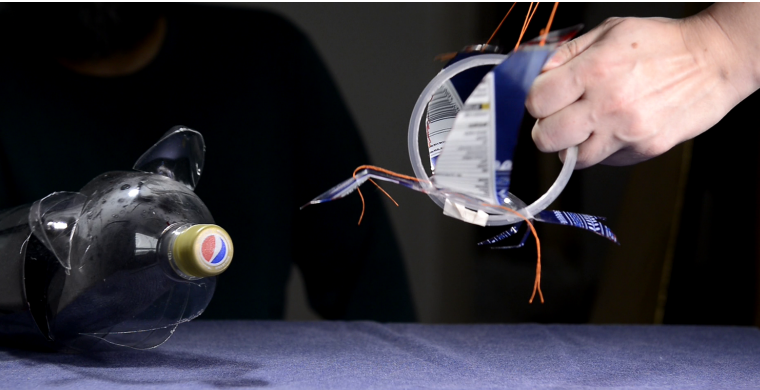
(image description: person holding up herb pots)

Cook up a recipe and make a 3D jar using ingredients found in the kitchen. It uses very little resources to make, it's easy and fun to create and can be effectively used for years on end.

It is also biodegradable.

The workshop includes the process of separating the plastic film on cartons to make use of the card, and raises awareness of the fact that cartons are difficult to recycle and how to go about removing the film as a satisfying task.k.

PET Puppets



(image description: bottle and bird puppets)

In PET Puppets, we explore how plastic objects are made using cutting and joining techniques, whilst teaching us how to produce products that make use of the physical properties of that packaging.

By slicing and joining, we create two simple mechanical puppets using basic properties for playful puppetry.

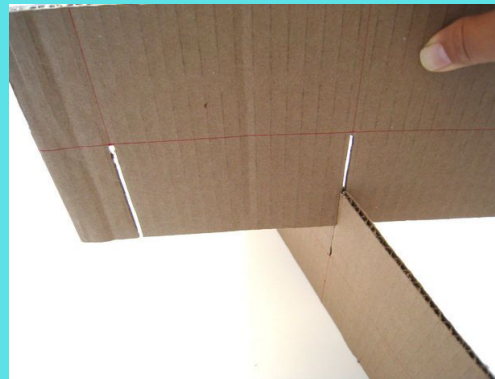


TECHNIQUES

The aim is to use as much of the large bottle as possible, by cutting from the base of the bottle to insert into the top, without the use of adhesive.

Slice and Slot

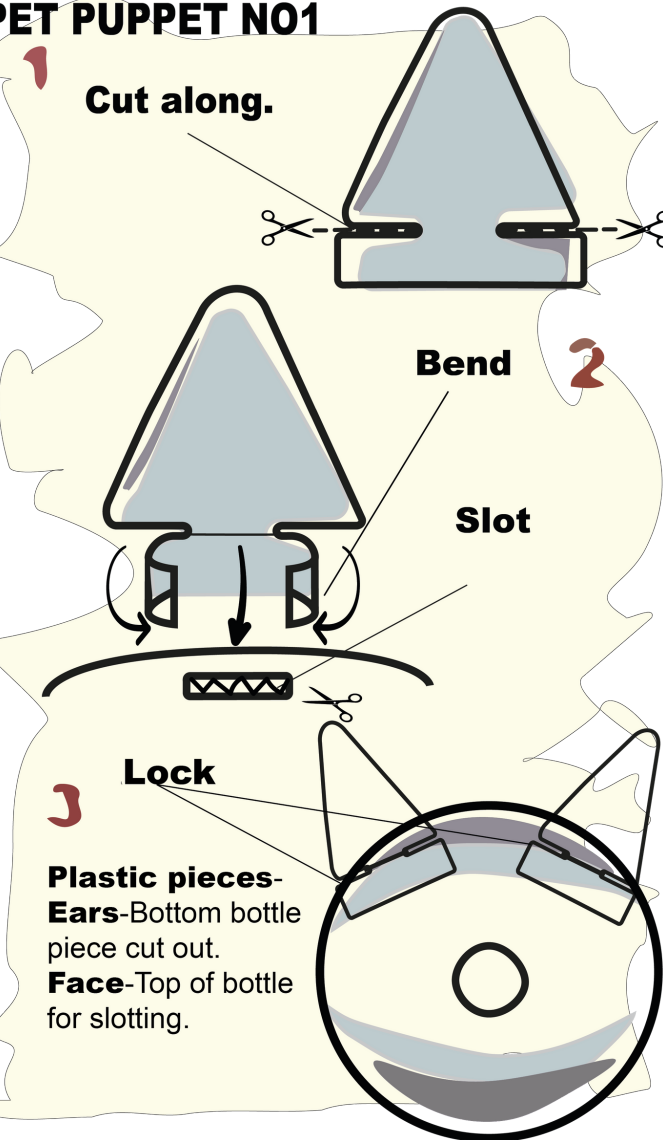
The slice and slot joining technique involves slicing both panels and slotting them together until they bite into each other



In PET Puppets, we explore another tab mechanism for creating own inserts in a PET bottle, the tab and lock

Tab and Lock

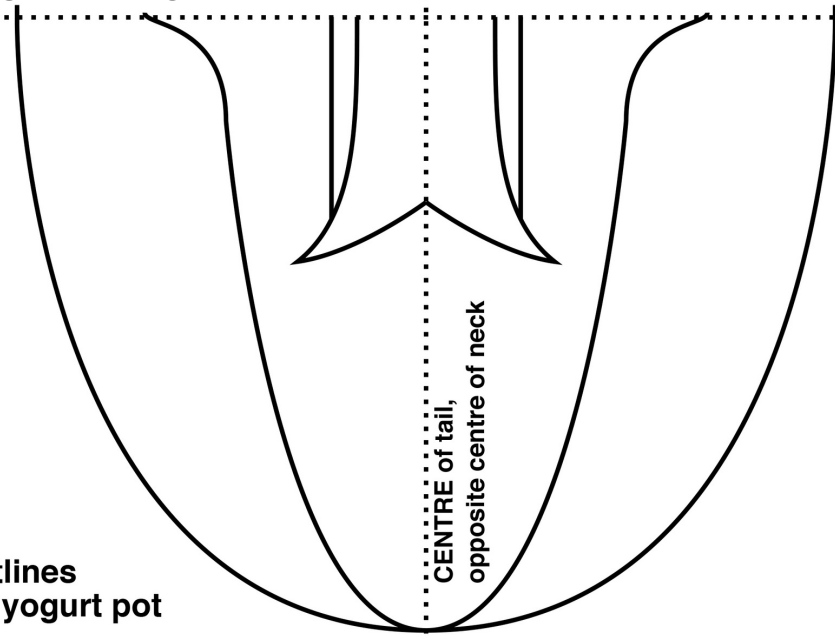
PET PUPPET NO1



Material: 1 large water or fizzy drink bottle (1.5 - 2 litres)
Equipment: Scissors, measuring tape

BIRD PUPPET NO 2

RIM of yogurt pot



Wings, feet & tail outlines
for a 500g, 12cm tall yogurt pot

Live Hinge

A living hinge is a thin flexible hinge that is made as a single piece including the two rigid pieces it connects. It is thinned or cut to allow the rigid material to bend on itself. This hinge is used in both puppet examples to allow movement when manipulated using your hands.

Look to our PET Puppet workshop for a step by step guided video.

To help make the bird, there is a downloadable template to print on A4, see the link below:
<https://tinyurl.com/PET-bird-template>

Materials-

Yogurt pot
Thread

Equipment-

Scissors (sharp)

Hole punching tool (eg sharp blade of scissors)

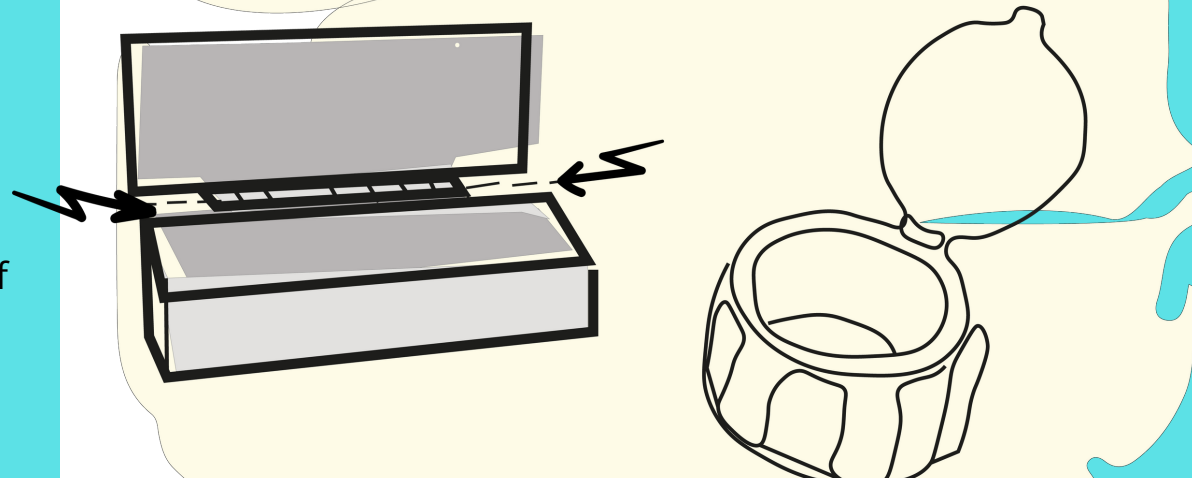
Thick needle

Marker pen or sharp edge

LIVING HINGE

1 Slice in on both sides

2 Bend



Mini Eden Project

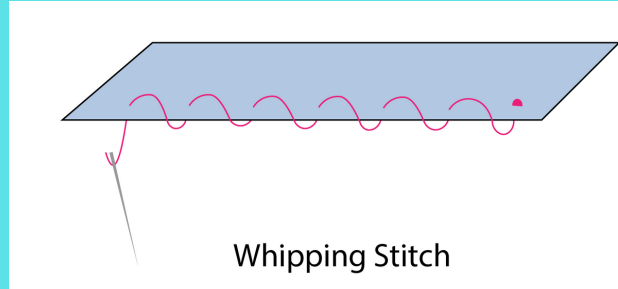


By coming up with creative ways to elongate the life of a plastic container, the miniature Eden Project allows the crafter to think in 3D to build structures for birthing and nurturing blooms. The clear plastic acts as a miniature greenhouse to help protect plants from harsh weather conditions as well as to incubate them. Keeping circularity in mind, it introduces transferable sewing techniques to build the architectural pods so that they can be broken down again.

Sewing

You will be learning basic sewing techniques such as:

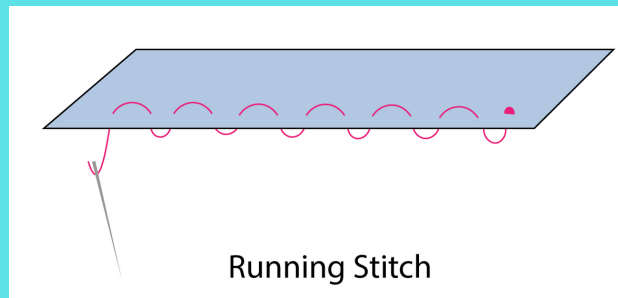
Whip Stitch/Edge Stitch



Whipping Stitch

the whipping stitch spirals around an edge quickly to put panels together

Running Stitch



Running Stitch

the running stitch goes in and out in a wave-like motion ending in a straight stitch line.

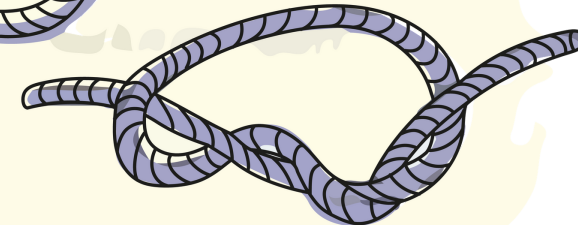
Overhand knot / Surgeons knot

Before you start, remember to double over your thread after its been threaded through the needle.

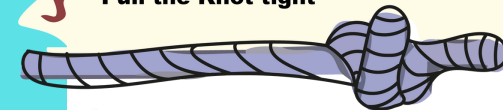
1 Overhand Knot



2 Double Overhand Knot



3 Pull the Knot tight



At the end of the thread loop it round your finger, through your needle and repeat twice, to create a knot

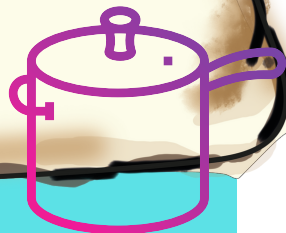
Biodegradable Herb Pot Recipe

Recipe

1 cup of flour
1 glass of water
1 tbsp of turmeric
1/2 tbsp of chilli powder
Blue food colouring

Equipment

1 glass jar or tin can
1 bowl
1 Small plate
Scissors
Paintbrush
Hands



Materials

Glass jar, Tetra pak carton,
Biscuit or sweet boxes,
Paper, Flour, Water

The Method

Collect the cartons, papers, jars and
plastic fruit box container x 2

Plastic Filmed cartons (Tetra Pak)
steps:

- Pull the carton apart so it's flat
- From the corner, find the film end and gently pull slowly.
- Cut into strips
- Soak card / paper in water.



The Mix

For the Paste:

- Take 2 tablespoons of flour and put into the tub
- Pour 2 tablespoons of water into the tub
- Mix
- The consistency should moist and dough-like.
- Add flour if too wet or water if flour is unabsorbed

For the Paint:

FACE:

- 1 tsp of flour.
- 1 tsp of turmeric onto a plate.
- A splash of water

mix until a thin paint like paste

LIPS:

- 1/3 teaspoon chilli
- 1 tsp flour
- a tiny splash of water on a plate.

mix with paintbrush until a paste.

EYES:

- use the end of the paintbrush to dip into the food colouring, drip onto eyes.

RESOURCES

Workshop accessibility

Closed Captions / subtitles



[Sewing](#)

[Eden Project](#)

[Herb Pot](#)

[Puppets](#)



Audio Description:

[Sewing](#)

[Eden Project](#)

[Herb Pot](#)

[Puppets](#)

Plastic Craft

<https://youdescribe.org/video/9356H7t13g!?ad>

We wouldn't be able to do these workshops without a little bit of help!!

So we have made a list of trusted links:



[The Blind Life](#)

<https://www.youtube.com/watch?v=l-9EsVKn3VI>

[Fashioneyesta](#)

<https://www.youtube.com/user/fashioneyesta>

[Mostafa Attia \(LDPO Chair\)](#)

<https://www.youtube.com/channel/UC9ExpzBFOic3R0Wpki7wnvA>

Equipment:

Self threading needle:

<https://www.barnyarns.co.uk/pony-hand-needles-spiral-eye.html>

RNIB

Royal National Institute for the
Blind

<https://shop.rnib.org.uk/home-and-leisure1-1/leisure/sewing-and-diy.html>



visit LDPO at
<https://www.ldpo.co.uk>

We would like to have a discussion on the challenges that people face within craft workshops, contact LDPO at leedsdpo@gmail.com

Help us share ideas on how we can sustain ethical practices in creative environments