







# Addressing Social Isolation through Knitting and Traditional Crafts – Unexpected Outcomes

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# Indicators of Social Inclusion

- Accessing Services
- Connecting with others
- Increasing personal capacity

*From: 'Social inclusion and Social citizenship - towards a truly inclusive society', Luke Buckmaster and Mathew Thomas, 23<sup>rd</sup> October 2009*



# Who we targeted

- Socially isolated
- General community
- Interested knitters and crafts people
- Those wanting to learn to knit
- Those wanting to volunteer



# Goals



- Provide a venue for residents to engage in the creative activity of knitting for friends, family and charities.
- Provide a non-threatening, supportive environment to members of the community who may be socially isolated.
- Establish links with other knitting groups ie Brighton, Sorell, Clarence Plains, Clarence.
- Work towards a group that is community driven and sustainable.
- Ensure we are welcoming and inclusive of existing members and new members.





**Volunteering and learning to knit**





# Why do we knit ?

- Personal pleasure
  - supply knitted items to family and friends
  - as a means of relaxation/stress reduction
- To express our creativity
- To donate items to a range of local and international organisations



# Linking knitting groups with charities

- The Leprosy Mission
- Samaritan's Purse
- Out of Home Care (State Health)
- Jireh House (Women's Shelter)
- Red Cross
- Save the Children
- TAS Ambulance





Knitting for charity







AMBULANCE  
OFFICER











The Knitting Festival





ROSIE  
POSY









Expressing individuality





# Conclusion

- A 'non therapeutic' group has positive benefits.
- Ongoing sessions provide certainty and enables the development of continuing relationships.
- Group members with varied needs, gain a new entry point to health services.
- Art/health projects have proven benefits.





**“Arts Activity enables a search for meaning and value by and for the whole person and not just for the sick or dysfunctional part.**



**The sharing of health awareness can be both a fact and a metaphor of the community arts experience.**





**It is important to not just look at the arts activity in isolation as delivering the benefit; in many instances the benefit can also lie in the quality of relationship forged between arts, health services, local government, education and the voluntary sector”.**