

Why the quilt images on a social work blog?

I have used quilts and patchwork as an analogy for social work for many years. Quilts offer comfort and protection, they are made up of pieces that are integrated together. I particularly enjoy making things from unlikely materials those that are damaged, repaired or ugly. Just like people if we look for the best bits and the possibilities something different (be it useful or beautiful) can emerge.

But before I lose you because sewing is not your interest...let me share why they are my chosen images on my blog.

The quilt on the homepage is one I made in memory of my eldest son. It represents how we all have mental health needs. It is made of 100 pinwheels. The fabrics are those from every day life (recycled clothing) some are old, some new, some work wear, some children's, some adults, many are repaired. 1 in 4 has some black in it to represent the 1 in 4 of us who will experience mental health difficulties at some point in life. One has very bright colours to represent the 1 in 100 of us who will experience psychosis. Social workers 'burnout' and social workers work with people in distress. Mental health is a social work issue, for us, our families and our service-users.

Quilting is my way of relaxing and self-soothing but it is more than that. The process of selecting fabrics, putting them together to create a pleasing whole is therapeutic for me. I urge everyone to find your self-soother (gardening, running, baking, reading...whatever) because we all need to take care of our emotional well being.

I give most of my creations away because I get pleasure from sharing. This blog is one of my creations. I've been thinking about it for a while, it will be experiential learning and I am excited about sharing my digital creation with you.

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