A new year in second-hand clothing

This week we begin a series of four articles from Nelson writer Elizabeth Bean on fashion and the environment. First up she looks at the resolution to buy second hand.

I was looking for the perfect outfit to wear to a special event earlier this year and was reminded of the aphorism, "I've been shopping all my life and still have nothing to wear."

Hands up if you too have looked into your wardrobe and, despite it being full, despair that it's bereft of the ideal outfit? Is your wardrobe full of items bought because they were on sale (look at how much I saved!), or for a single special occasion and you can't bear to throw it out, hoping you'll fit it again one

Although often tempted to buy something new, I now resist. My wardrobe looks full, and I recently read that the average Kiwi buys a staggering 27kg of new clothes each year. Think of that as half a person's weight in new clothes annually. Also, think about happens to the 27kg we bought last year – and the year before that?

The emergence and growth of fast fashion – buying cheap



Filtering through the selection at the Hospice Shop in Bridge St. ROBERT GREENAWAY

clothes, and binning them after one or two wears - means the fashion industry is the world's second largest polluter after the fossil fuel industry.

I decided that it would be fun to spend a year buying no new

As it is my own game, I get to set the rules and gave myself a few exceptions, namely underwear and active wear. And socks. I'm also accustomed to a bit of thrift shopping and surfing Trade Me for bargains, so I'm not new to the exercise. I'm also not a recreational shopper, so I start

with an advantage.

Fourteen weeks into this game, I will share what I have learnt. Firstly, it hasn't been hard, and I've been able to save both time and money.

A wardrobe audit identified that I already had enough clothes for summer and I forced resisted all temptations - including sales and really nice new items in my favourite shops. But the days are getting cooler and I 'need' another winter jacket, which I must acquire by sticking to my rules. Fortunately, there are plenty of shops that comply.

The answer is, of course, to buy second-hand. There are many shops in Nelson and Tasman selling pre-loved clothes. Some are for profit and others are charity or thrift shops.

The latter are known as op shops ('op' standing for opportunity, not Old Person).

I found that we have 27 op shops in Nelson Tasman Region – 13 in Nelson City alone. These shops are well-stocked and you might find a bargain – remember that one person's trash is another person's treasure.

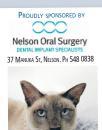
Now a word of warning:

although I am buying second hand, it doesn't mean I will buy things I don't need, that don't fit properly, or that don't make me feel attractive.

Second-hand clothes provide me with an additional 'feel good' factor because I have potentially saved one item from going to landfill.

It is sad to realise that most of our annual average purchase of 27kg ends up in the landfill some items having only been worn only a couple of times. Buy second hand and do your bit to help our environment.





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stuff



Holly is a 12 year old Tonkinése ready to find he home is preferred for this



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The energetic Harry is a 11 month old Whippet X. He is eager to please and loves to play all day



looking for their forever them. They are a Collie X mix.

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mum and now the bubs have flown coop - its time for her to relax and enjoy a new family.



Rosa and Raisin are joined at the hip. The playful couple would make a great addition to any home



The lovely Harvey is a placid boy looking to find a home where he can be part of the family and enjoy life



Just arrived - another litter of puppies. These adorable bundles will grow into fairly large dogs.

We are in need of volunteers for our Op shops. Nelson & Richmond. If you have some spare time to give we would love to hear from you.

Nelson SPCA Op Shop 21 Vanguard Street Phone: (03) 548 1519 Richmond SPCA Op Shop 273 Queen Street Richmond Phone: (03) 544 5751 (NEW) Motueka SPCA Op Shop 4A/400 High St Motueka Phone: (03) 528 5205



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Time: 9am - 4pm

Venue: D&E Yard (70 Gladstone

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