

# Fashionably slow and stylish

ELIZABETH BEAN

This year I resolved not to buy new clothes, and have become aware of the plethora of op shops and second-hand shops in Nelson Tasman.

As I've talked to people working or volunteering in the op shops, I been blown over by the passion they have for their chosen charity.

Dianne Timbs' motto, at the Nelson Hospice shop on Bridge Street, is 'Turning second hands goods into first class care'. "Every dollar that I am able to earn through the shop gets returned directly to our community by supporting local hospice care," she says.

A similar sentiment is expressed by Rebekah Wyatt of Restore, Habitat for Humanity. "One thing that motivates me daily is working alongside over 50 wonderful volunteers - all freely giving their time to help provide housing for families in our community'."

My resolution to buy second hand means that in addition to meeting nice people, I have reduced my environmental impact, feel good about making donations to charity and found a few high quality treasures that I wouldn't normally purchase.

I have also become aware of the 30 wears challenge (#30wears), which is simply about asking if you will wear a clothing item at least 30 times. I decided to give this a go too.

I now think about my clothes



Rebekah Wyatt of Restore, Habitat for Humanity, is buoyed by the second-hand shop's ability to help provide homes for families.

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as an investment, rather than something disposable. So I'm not giving up buying new clothes altogether, rather I'm changing my approach to shopping.

Is 30 times a lot? If I wear the

same top once a week it would take over 7 months before I have worn it 30 times. Or if I keep an item three years, I could wear it once a month. Or maybe twice a year for 15 years (by which time

I'd probably be fashionably retro).

For this last example, I do have a couple of items in this category. What they have in common is that they are high

quality, timeless and expensive garments that I continue to love wearing (and were made locally by Emma Manhart, which shows how old they now are).

Spending money on several high quality items that I care for is definitely part of the environmental care recipe. I can justify it on economic grounds too. If I wear something 30 times, the cost per wear becomes very low. There are also several second-hand clothes stores in Nelson that sell high-end fashion.

One of my very fashionable friends has perfected #30 wears - and I didn't even know she was doing the challenge.

She always looks immaculate and it is not until recently that I realised she has relatively few clothes. What she has is all of good quality and fit her perfectly. She changes the 'look' with accessories like jewellery and scarves.

#30 wears is part of the slow fashion movement (as opposed to fast fashion). It is about making the most out of my wardrobe and wearing quality clothes again and again.

Getting more wears out of the clothes I already own is most sustainable thing I can do. #30wears is about buying less, buying better, and wearing for longer.

If you want to join this new fashion movement, head along to the 'Swap til you drop' day on Saturday 4 May at Founders Heritage Park, 87 Atawhai Drive. Doors open 10am - 3m.

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