

Gems of wisdom from fashion friends

In the last of her articles about second hand fashion, **Elizabeth Bean** takes some feedback on board.

If it's old then it must be gold say my friends

Wouldn't it be wonderful if we each did something small to help our planet? This year my contribution includes using my bike wherever possible, eating less meat, and buying no new clothes.

I have been sharing my experiences of only buying second-hand clothes, as a way to reduce the quantity of textiles going to the landfill and having to be produced. In response, I have had lots of positive comments from friends which are worth sharing.

Friend #1 wrote to me, saying, "I'm enjoying your recent articles on clothing. I confess, I looked down on what I was wearing yesterday and realised my entire ensemble was second-hand. Some weren't cheap, but they are articles that I now love and they fit my budget. They also achieve the look and feel I enjoy. Some are practically brand new or worn only a few times."

So what are the secrets to not buying new – or at least buying less new?

Reduce: Buy clothes that are well made and good quality



Gina Fletcher looking glam with one of her favourite finds.

SUPPLIED

#30Wears

Friend #2, who always looks smart, reckons the key is to pay attention to fabric quality when making purchases.

Friend #3's favourite second-hand item is, "a Karen Walker dress that I bought on Trade Me, that fits perfectly and always results in positive comments."

Care and repair: Sewing on a button or altering a hem can give clothing a new lease of life.

If you really love an item, you're more likely to look after it.

Friend #4's hot tip is to, "take care of clothing – with careful washing and dry-cleaning items – to ensure they look smart."

Reuse and Re-fashion: Bring new life to something you already own with a bit of creative flair.

Friend #5 said, "I have repurposed quite a few items. I

have absolutely 'killed' the woolen coat I re-styled a few years ago. There was a genuine sense of pride when my more stylish friends enquired where I had purchased it from."

Related to re-fashioning is a tip from **Friend #6** who recommends that you, "spend money on shoes and accessories as these will 'finish' any outfit and can also change its look."

Friend #7's favourite

example item that has been re-fashioned is an Andrea Moore dress that she had a professional tailor add shoulder straps to and alter the fit.

Recycle: If your clothing is in good condition and looking for a new home, consider taking it to a charity shop. You get to choose who you donate to and, while dropping off items, you might find something new.

Friend #8's favourite place is the Nelson Hospice Shop on Bridge Street because, "it has clean, nice quality clothes, is well laid out and the stock changes often."

Shopping here also provides a 'feel good' factor and where else can you buy designer items for \$20?"

If you want to buy pre-loved clothes there at least 20 options in Nelson. We have 13 charity shops and seven selling second-hand clothing.

The Nelson City Council has kindly published a map with all these marked on it.

Go online and download a copy and then start shopping. Get the map at nelson.govt.nz/reducing-textile-waste

I am a long way from having a wardrobe entirely comprising second-hand clothing, but nearly six months into the year I am doing well with my resolution.

And, I have learnt that a lot of people are reading my articles and are doing their bit to help our planet by making a conscious effort to reduce textile consumption.

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