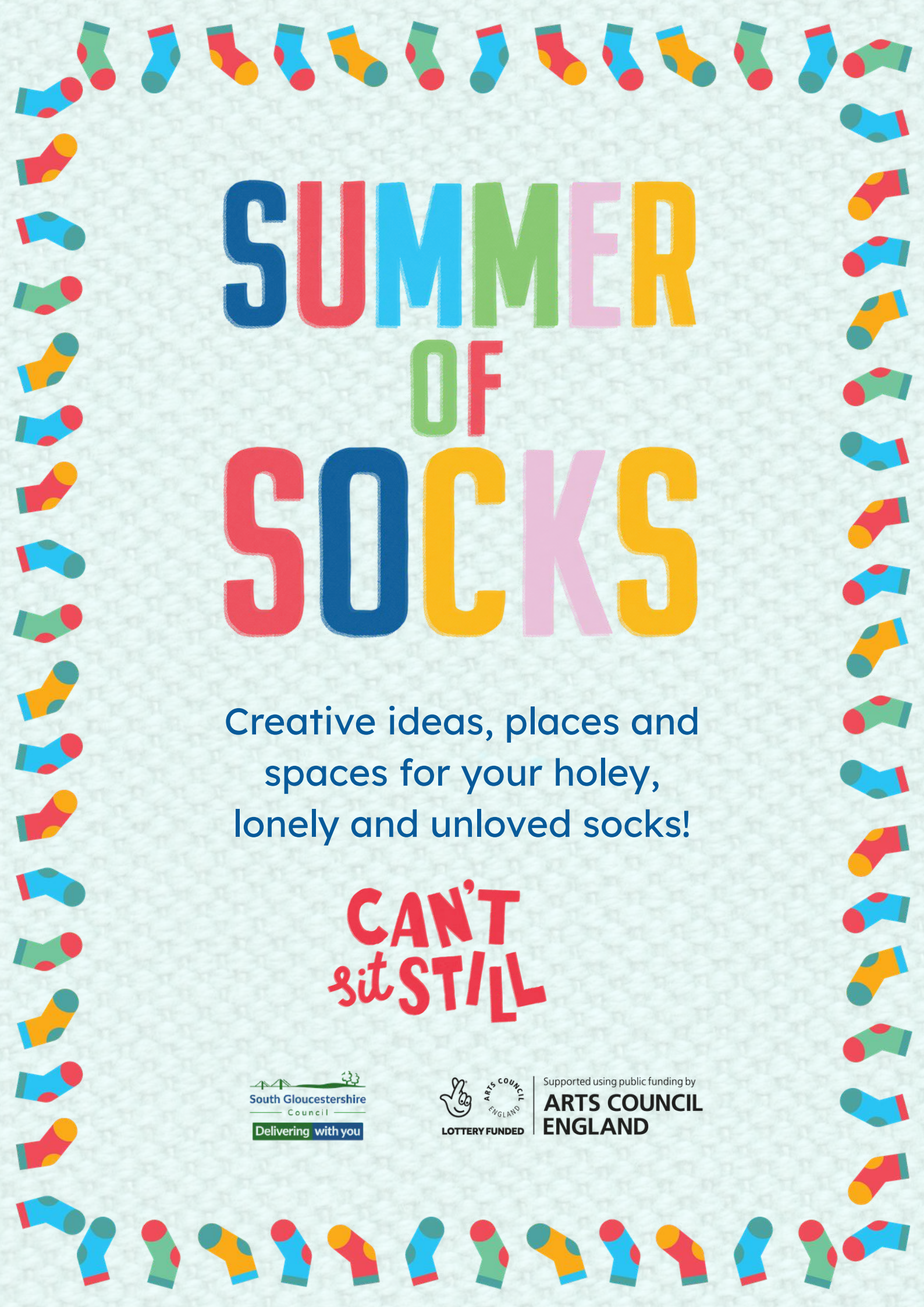




SUMMER OF SOCKS

Creative ideas, places and
spaces for your holey,
lonely and unloved socks!

CAN'T
sit STILL


South Gloucestershire
Council
Delivering with you


ARTS COUNCIL
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A Summer of Socks is a vibrant, multi-layered cultural celebration unfolding across South Gloucestershire throughout 2026. This unique, intergenerational programme invites communities to connect through a playful mix of performances, workshops, high street trails and sock activities to do at home. It's about creativity, sustainability, and the stories stitched into the everyday.

This resource pack has been made to help you think about the clothes you buy and what you can do when you decide not to wear them anymore.





What's the problem?

The UK is Europe's largest fast-fashion consumer, buying more clothing per capita than any other European nation. Driven by cheap micro-trends and low-quality garments, Brits discard around 300,000 tonnes of textiles into landfills or incinerators each year. Beyond massive waste and high carbon footprints, washing synthetic fabrics releases millions of microplastics into waterways. Ethical concerns are equally severe, with domestic supply chains facing scrutiny over illegal wage underpayment and modern slavery.

Most socks we buy are made with polyester or nylon (this is plastic!) These socks are not designed to last, which is why so many of these socks are sent to landfill, taking up to 200 years to decompose.

What can be done to make our socks last longer?



wash socks at lower temperatures - 20 is plenty and cheaper to run



• avoid getting holes in the toes by keeping your toenails short



make sure your socks are the right size, not too big or small ensures the sock isn't being worn out prematurely or being stretched or scrunched



put socks in a laundry bag in the washing machine to stop zips catching them in the wash

A woman with her arms raised is throwing a variety of colorful socks into the air. The socks are in mid-air, creating a dynamic scene. The background consists of lush green trees under a clear sky. A semi-transparent yellow circle is centered over the woman's torso, containing the text 'No Sew' Sock Projects.

**‘No Sew’
Sock
Projects**



Sock Friends



no sewing
needed



1. Lay a sock on your surface and tie a knot at the top. This is your friend's head!
2. Take another sock and tie it under the head, so it is fairly even on each side of the body. These are your arms.
3. Take your final sock and tie it at the bottom of the sock to make some legs.

Sock Juggling



no sewing
needed



1. Choose a sock with a pattern or colour you'd like for the ball. Put this to one side.
2. Then, take a sock and stuff it inside itself. put that sock into another sock and push out to the bottom.
3. Twist the top and wrap the excess around the ball underneath.
4. Keep repeating this until you're happy with the size of the ball.
5. Use the same technique for the final outside layer.

Sock String



no sewing
needed



Sock string can come in very handy and is very easy to make!

1. Start cutting from the top of the sock
2. Cut round and round in a spiral until you reach the toe.

Sock Creatures



no sewing
needed



1. Take the top of a sock and stuff it inside itself. It's a bit like folding it in half, but inside. This is your creature's body.
2. Make some sock string.
3. Use some sock string to tie ears. Do this by tying some string around the top corners of the sock.
4. Thread two buttons onto some sock string and tie around the body. (You might want more buttons, if you're making a multi-eyed sock creature!)



Sock Bag



no sewing
needed



Do you or your friend need a sock bag? Of course you do!

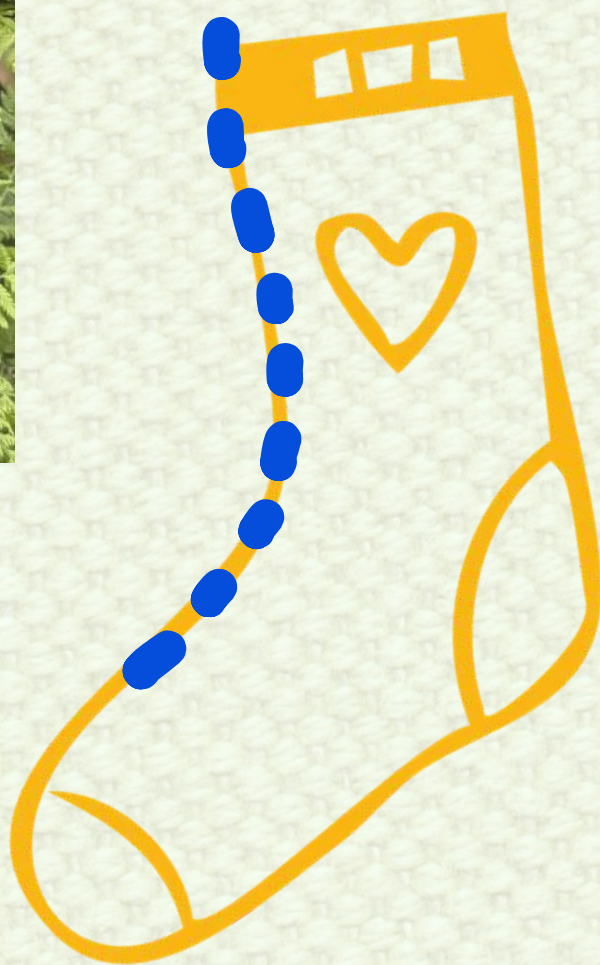
1. Take the sock you'd like to use for the bag and cut two small holes opposite each other at the top of the sock.
2. Make some sock string that's a little longer than you'd like the strap to be (you can tie two bits of sock string together if you need it to be longer).
3. Tie each end into a hole you made earlier in the sock.



Sock Superhero



no sewing
needed



1. Cut the sock from the top down to just before the toe. The blue lines on the illustration show you where to cut.
2. Put the sock onto your superhero's head. The top of their head goes into the toe part of the sock. The heel will rest on their back.
3. Check you can see your superhero's nose and mouth (if they have one!). You might need to cut the sock down the dotted line a little more.
4. With the sock on the superhero's head, feel for their eyes and use a pen to mark where they are on the sock.
5. Take the sock off and make a small cut on the pen marks to make eye holes.
6. Go and save the day (or more socks!)

Sock Bunting



no sewing
needed



Got some socks holding memories, joy or love for someone?
Celebrate them with some bunting!

1. Make some sock string. You'll need long pieces to use as the rope, and smaller pieces to decorate it with.
2. Take the smaller pieces of sock string, fold them in half and place them under your long piece (like the picture above).
3. Take the two loose ends up and over the central string. Pull them through the loop at the top until tight and secure.
4. Continue this, playing around with string thickness and length to make your fabulous bunting!

Sewing +
crotchet sock
projects

Sock Tapestry



1. Gather a collection of 8 socks that are similar sizes to each other.
2. Line 4 socks up next to each other.
3. Take another sock and lay it horizontally over the top of the socks. To begin weaving, leave the horizontal sock on top of sock 1, under sock 2, over sock 3 and over sock 4. (The illustration below uses the green line to represent your horizontal sock).



4. Take your next sock, place it underneath your first horizontal sock, and weave again. This time, start with the sock underneath. (See the pink line below).



5. Continue this until you've made a neat(ish!) square. Pin the socks to each other then sew together by hand or with a zig zag stitch on a sewing machine.



Sock Rope



A sewing machine will be helpful for this.

1. Take a sock, and place the toe inside the top of another sock.
2. Using a sewing machine on a zig zag setting, sew them together.
3. Repeat this until your sock rope is a satisfying length.
4. You can leave the rope as it is, or tie knots in it, like the picture above.



You could use a sock rope for ...

- skipping
- wobbling on the floor
- shaking in the air
- tug of war, with socks
- something else





Crochet Bag or Basket



beginner crochet
skills needed



If you're a seasoned crochet-er, you'll find this easy. New to crochet? You can master this too! All you need is socks and a thick crochet hook.

There are loads of online tutorials to help you with your crochet skills :)



1. Make some sock string. Chop up at least 10 to start with.
2. Search online instructions or videos to teach you how to make a crochet basket.
3. Once you've finished, you can keep it as it is, or chain a handle to turn it into a bag or a plant holder!



Sock
games +
play



Soggy Sock Race

Fill up a jug of water. Take a sock, transfer the water from one jug to another by dipping in, carrying soggy sock, wringing and starting again.



Frozen Socks

Soak socks in water then put them in the freezer. Once they're frozen they'll be cold and hard. Find ways to smash, crunch, swing, spin and bend your sock until it's not frozen anymore.

*This is great for a hot day!



Socklympics

Set up the Socklympics with sock inspired events. Some ideas are listed below, but the possibilities are endless!

- 'rolled up sock on a spoon' race
- how many socks can you place on your head before they fall?
- rolled up sock throwing and catching ... could you make a target decorated with socks?
- in pairs, how quickly can you put socks on each other?
- rolled up sock football
- put socks on all of the teddies!



What's in the Sock?

Fill two socks with a matching set of small objects e.g. dice, lip balm, elastic band, hair clips, bottle tops, coins, food clips, ear buds, buttons and marbles. Agree on an object to search for, then race against a friend to find it in the sock!



Research shows the average household misplaces 60 socks every year. In 2016 scientist unvieled a formula for why socks go missing.

Sock loss index=
 $(L+C)-(P \times A)$



Socks can be repaired! There are lots of online videos and resources to teach you how to darn your socks together. If you'd like some support and company, you could find a local repair cafe. There are some in Hanham and Kingswood



Used clothes can be donated to charity or sold if they're in good condition. Charity shops might have individual donation rules, so check before you go with a bag! You can sell clothes this using eBay, Vinted, Depop, Facebook Marketplace and Thrift+



Swap Shops are ways that people can swap things they don't need anymore. Give what you don't want anymore, take away what you do. Visit someone else's swap shop or maybe ... start your own?!



If any socks or other clothes are worn out and not suitable for reuse, you can recycle them with kerbside recycling in South Gloucestershire. Make sure the fabric is clean and dry then put it in a bag with your other recycling.



Socks can help you get to sleep!

Socks in bed will warm your feet, causing blood vesssels to widen which releases heat and ultimately lowers your core body temperature. This tells your brain it's time to rest and sleep.

Sustainability Groups and Gatherings



WE ARE BS15



MEN IN SHEDS:
THORNBURY



RECYCLING IN SOUTH
GLOUCESTERSHIRE



YATE MEN'S
SHED



SUSTAINABLE
THORNBURY



WARMLEY MEN
IN SHEDS



SHARE BRISTOL
(LIBRARY OF THINGS)



HANHAM
REPAIR CAFE



REFURBISHMENT AND
RECYCLING WORKSHOP



KINGSWOOD
REPAIR CAFE



MEN IN SHEDS: FILTON



REPAIR CAFE:
STAPLE HILL

Climate + Nature Groups and Gatherings



CLIMATE ACTION THORNBURY AND SURROUNDINGS



CLIMATE ACTION YATE AND CHIPPING SODBURY



KINGSWOOD CLIMATE ACTION



STAPLE HILL SPROUTS (CHILDREN'S GARDENING CLUB)



GREENSPACE AT MADE FOREVER

Craft Groups and Gatherings



FOREVER WELLBEING KNITTING GROUP



DOWNEND LIBRARY KNIT AND NATTER



FILTON LIBRARY KNIT STITCH AND NATTER



HANHAM LIBRARY CRAFT GROUP



KINGSWOOD LIBRARY CRAFT GROUP

Creative + Sustainable Businesses



SEW DOTTY



CASTLE CRAFTS



KOALA KREATIONS



BEESPOKE THORNBURY



THE WOOL CELLAR



THE HOME CRAFTERS



YARN AND YARDAGE



CREATIVE SPACE -
STAPLE HILL



SUMMER OF SOCKS

Massive thanks to our funders,
supporters and creative teams
who helped to make this
possible.

Biggest thanks (of course) goes
to ALL OF THE SOCKS!!!



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