

A bit about Janet



Janet works from home in South West Scotland, earning a living by writing and teaching spinning and weaving. Spinning or weaving for at least ten minutes a day helps keep her calm and focused and she uses it as a form of meditation.

Having learned to knit at the age of six, Janet had become bored with it, until one day she saw someone spinning. Rushing home, she tried it with a hand spindle made from a pencil and a potato, and was amazed when it worked. The rest, as they say, is history and in 1995 she did the Certificate of Achievement in Handspinning and became a spinning teacher. The weaving soon followed and Janet has taught many people to weave on her favourite kinds of looms - frame looms and 'rigid heddle' looms over the years.

She is a registered teacher with the Association of Weavers Spinners and dyers, and has taught at their renowned Summer School. Janet has also taught courses for many spinning and weaving Guilds, community groups, shops and voluntary organisations. Her booklets on spinning, dyeing and knitting have proved popular with students who take her courses and this in turn led to the publication of two books.

Campaigning and environmental issues have played a significant part in Janet's life and she loves low-tech and sustainable craft equipment such as handmade looms and spindles, as well as the amazing contemporary spinning wheels and looms that are now available. She and her husband Lee run their home-based business [Create with Fibre](#) jointly and sell Lee's hand made looms as well as Ashford Handicrafts spinning and weaving equipment on their website, along with Janet's books.

Lee and Janet moved from the country into a nearby village with amenities years ago, in order to develop a more sustainable and simpler lifestyle. They both work part time and have a lifestyle with very low overheads, meaning there is time to have a lot more fun! They grow a surprising amount of food in an average sized - if vertically challenged - garden and are [WWOOF](#) (World Wide Opportunities on Organic Farms) hosts. Their house has solar panels and a wood burning stove.

Janet's books, *How to spin just about anything* and *Knit 1 Bike 1*, are published by [Lowimpact.org](#) and available to purchase via the website.