



Knitting Connections: Strengthening Community Resilience

The Concept

Climate change affects not only ecosystems, but also communities, social cohesion, and mental well-being. In small island regions, strong social networks are essential for resilience. Community-based initiatives such as knitting groups create spaces where people connect, share skills, and support one another, strengthening trust and collective responses to environmental and social challenges. By combining creativity, tradition, and local knowledge, knitting groups contribute to social resilience and more sustainable lifestyles. In this way, knitting connections reflects how shared practices can strengthen community resilience and foster a sense of belonging.

Prince Edward Island in Focus

Prince Edward Island has a strong culture of community engagement, where knitting groups strengthen social connections. Facing climate challenges like coastal erosion and stronger storms, these networks are vital, showing that resilience is built through relationships. The Knit Pickers turn local wool into eco-friendly pellets that improve soil, reduce water use, and avoid harmful chemicals. At the same time, Fleece & Harmony produces sustainable yarns from 100% local wool, supporting farmers and the circular economy. Together, these initiatives show how local communities create sustainable solutions.

A face to the idea:



Cheryl Wartman

A real example comes from Cheryl Wartman and her local knitting community in Charlottetown. At The Gallery, two knitting groups meet every Sunday, one in the morning and another later in the day, bringing together people of different ages. These gatherings are informal and open: participants bring their own projects, share materials, exchange patterns, and support each other, creating a space for skill-sharing and social connection. Through their work, knitting becomes an act of care: hospital patients receive handmade toe covers in winter, and newborn babies are given knitted hats. These small contributions show how community actions support well-being and strengthen social bonds. In this way, the knitting community fosters connection, belonging, and resilience.



Source: www.upei.ca/events/2024/12/yarns-yarns

The Travelling Idea

Community craft groups can become powerful tools for resilience by combining social connection, local knowledge and sustainable practices.

Takeaway



Strong communities grow through connection, simple acts like knitting can build care, sustainability and resilience.

