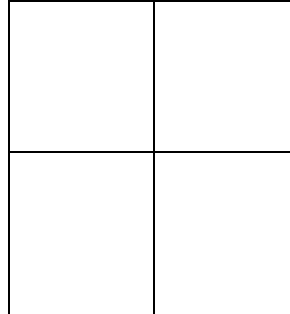




The Patch Project – ‘Make a patch’ help sheet for beginners

Equipment:

- Fabric
- Ruler
- A Needle – Sharps, size 8-10
- Thread
- Scissors/rotary cutter
- Pattern
- Chalk/pencil



Try starting with this simple patchwork block.

It's called a '4-patch square'.

Before you start:

Make sure that you will be sewing in a light and comfortable area with access to your equipment. It's always a good idea to keep your equipment in a box when you're not using it, especially if there will be children near you.

Your finished block will measure 30cm x 30cm. In patchwork we usually use imperial measurements (i.e. inches and feet) but as most of you will have a ruler with centimeters marked on, we're giving metric measurements.

All the 'seam allowances' (joins between pieces of fabric) are 1cm wide.

The patches should measure 17x17cm with a 1cm seam allowance all the way around.

Sewing skills:

To complete your patch you will need to know how to do the following stitches:

1. Running stitch

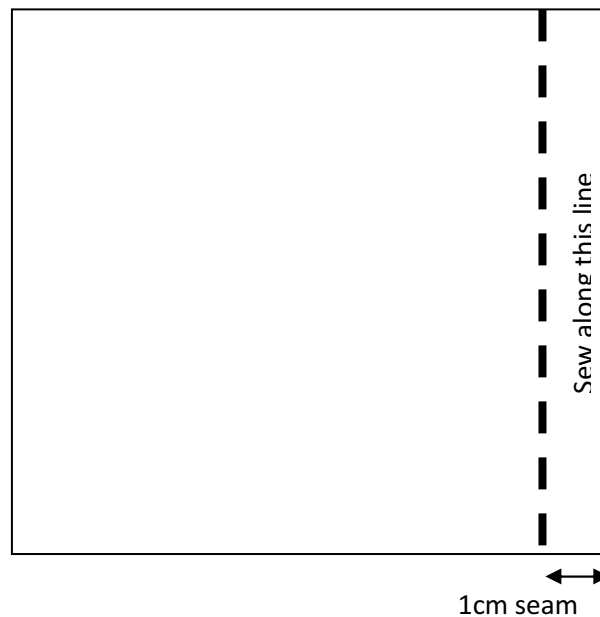
See our running stitch sheet if you need help.

2. Back stitch

See our back stitch sheet if you need help.

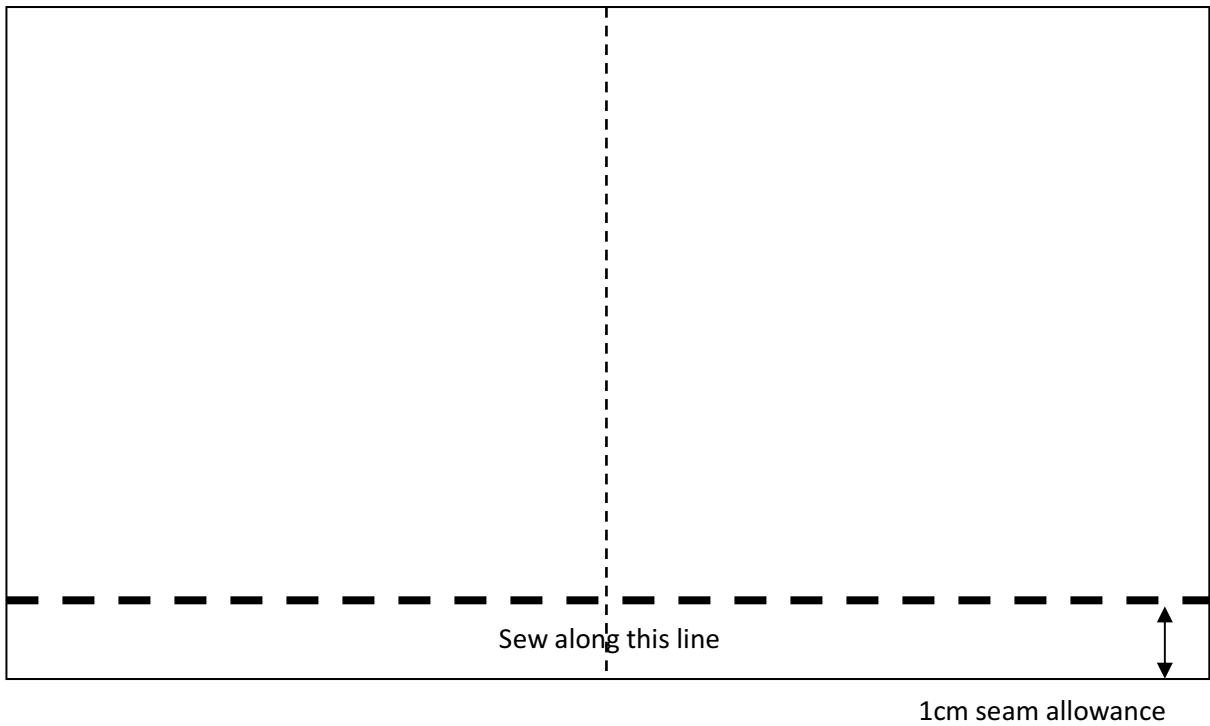
Instructions:

1. Choose your fabrics
2. Measure out your patches; each should measure or 17x17cm
3. Cut your patches
4. Choose your thread
5. Thread your needle
6. Measure a 1cm seam allowance and, on the back of the fabric, draw a line down the side of the fabric squares
7. Take two fabric squares and lay them on top of each other front side to front side
8. Sew down your line using running stitch with a back stitch every six stitches



9. Open out your rectangle
10. Repeat steps 4-7, you should now have two identical rectangles
11. Measure a 1cm seam allowance and, on the back of the fabric, draw a line across the top of the rectangles
12. Place the two rectangles front side to front side

13. Sew down your line using running stitch with a back stitch every six stitches



14. Open out your block of four squares

15. Add beads and decorations