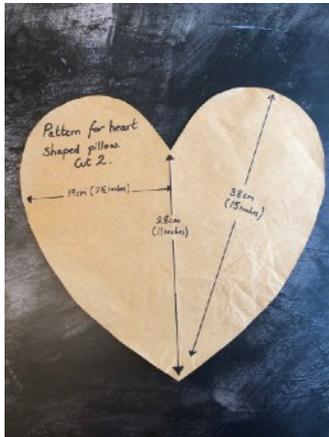


Instructions for Heart Shaped Pillow.

For use with patients following Mastectomies.



You will need :

- Fabric - which can be washed at 60* eg. Cotton.
- 1m ribbon.
- 50g stuffing (eg hollow fibre polyester,)

1. Make up heart shaped pattern piece with dimensions as shown and cut 2 pieces.



2. Cut the ribbon in half and pin one to each of the top curves. I usually also pin the rest of the ribbon to the centre to avoid accidentally sewing it to the edge when sewing around the heart.



3. With right sides together sew the two pieces with the ribbon in the middle. Sew leaving a 1.5 cm (5/8") seam allowance. Leave a gap of 6cm at one side so you can turn it the right way round and I find it best to do three straight stitches across the centre of the heart which seems to help keep it smooth when you turn it.



4. Turn the right way round and press. Fill with 50g of stuffing. You can either buy stuffing directly or you can get cheap polyester filled pillows from some supermarkets which do about 8 hearts. The pillows don't need to be overfilled as this will make the arm stick out when they are being used. The pillows are used primarily for comfort and protection following surgery so they need to be soft to medium.



5. Sew the gap closed. This can be either a hand sewn slip stitch or machine stitched.



6. Finish with a label saying 'handmade by'

Thank you for making these pillows. For further information on where these pillows are needed then please contact me on julie@makingforcharity.com

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