

Like and Admire Cushion (1)



You will need

- 1 large ready made cushion cover (cotton with a smooth finish)
- 1 matching cushion pad.
- 0.25 metre of white (or pale) cotton fabric
- A few fabric shapes (in colours and shapes that are meaningful to the person e.g. stars and hearts.)
- A selection of coloured fine tip textile marker pens
- Sewing needle and embroidery needle
- Matching sewing thread and embroidery floss
- Pins and scissors
- Seam ripper

Optional items

- A small selection of ribbon
- Lightweight fusible adhesive webbing
- Image Transfer film
- Sewing machine
- Medium/large embroidery hoop

1. Use a seam ripper to remove the stitching from 3 seams of the cushion cover so it can be opened flat for ease of decoration. Keep the zip/ closure seam intact.
2. Cut the white fabric into postcard sized pieces with rounded corners. Distribute the white fabric amongst the family and friends of the person for whom the cushion is being made. Using the textile markers ask them to draw a small picture of themselves with a speech bubble. Inside the bubble they should depict what they like and admire about the person using words, picture, symbols etc.
3. They may also like to trace from photos, embellish their fabric with embroidery silk and ribbon, use appliqué and/or image transfer film to apply pictures/photos using a computer .It may be helpful to show them examples of how to decorate the fabric. Always ensure any embellishments used are safe for the person. For example buttons can be swallowed and braids can scratch.
4. Where possible, ask family and friends to talk to the person about what they have drawn and written. Ensure all the feedback is positive.
5. When the pieces of fabric have been completed, iron over the areas decorated with marker pen to set the colour. Avoid ironing over any decoration that will melt e.g. photo images and plastic.
6. You may wish to iron fusible adhesive webbing to the back of the decorated fabric. This will enable you to iron the pieces directly onto the cover and help to prevent raw edges from fraying.
7. Arrange the decorated pieces and any coloured fabric shapes on the cushion cover. You might like to ask the person to choose where they are placed. Think about how colours and finishes work together and if any gaps need to be filled.
8. Once the arrangement is decided, iron pieces the backed with fusible webbing onto the cushion cover. The edges of non fused pieces will need to be turned under and pinned and tacked onto the cover (along with any additional shapes). Remove the pins.
9. The pieces can then be sewn on the cover by hand or by machine. If sewing by hand use either matching sewing thread or 2 strands of embroidery floss. It may help to use and embroidery hoop. If using a machine use a close zig zag stitch to sew over the edges of the fused/ hemmed fabric. You might like to use colourful machine embroidery thread.
10. Restitch the cover seams and place the cover over the cushion pad.