

Let's make a patchwork for FiSH together!

Hello. The long Covid-19 crisis lockdown is proving a hard time for everyone but FiSH is keen to make sure we all have the chance to stay fit and active. And this may be a good time to try out or refresh your creative skills!

So we are hoping to make a lovely patchwork wall-hanging made up of fabric squares showing images on the theme of:

FiSH Spring 2020

Feel free to interpret the subject in any way you like, but we hope this will be a positive and upbeat celebration of springtime and the work of FiSH (rather than any negative pictures of the virus!)

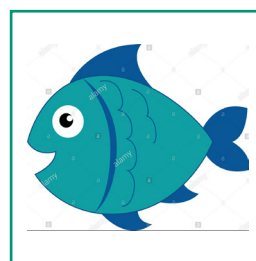
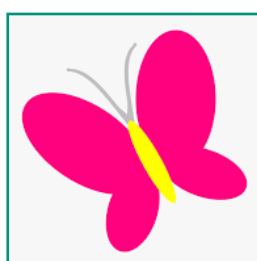
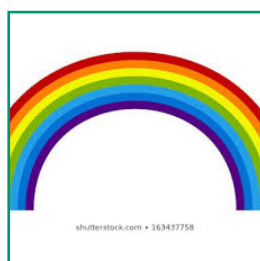
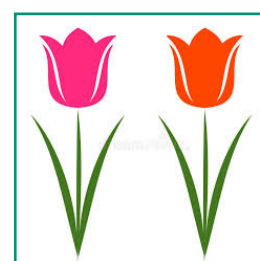
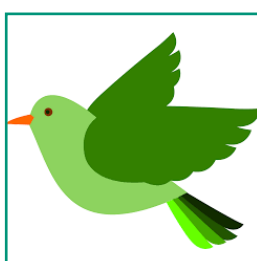
Please cut an 8" square of material (ideally cotton from an old sheet, white or coloured etc) and use sewing, embroidery, tapestry, printing, knitting, sequins, beads, crochet, ribbons - in 2D or 3D - anything goes! - to create your image in a 6" square in the middle (leaving one inch around each edge) - the more colourful the better. *There is a template on the reverse.*

Once completed deliver or post your square(s) to FiSH at the Barnes Green Centre, Church Road, SW13 9HE

(or phone us if you're self-isolating and we'll arrange collection)

We'll then sew them together for display once a normal routine is resumed!

Some simple ideas are here for inspiration. **Thank you, enjoy & stay safe!**



8 inches

6 inches

Create your image here

Leave space around for us to sew the squares together