

Star, Heart & Triangle-shaped bunting sewing instructions

Thank you for downloading Action for M.E.'s bunting bee patterns. If you have any queries please email our Bunt Bee Coordinator on buntingbee@actionforme.org.uk and they will get back to you as soon as possible.

IMPORTANT: Please use the templates on page 4 at the size provided, as this will make the bunting easier to post.

For more patterns, see the suggested links on page 3

You could make a group of up to eight pieces to attach to ribbon as bunting, or to hang as a garland. Or you can make an individual piece and send it to the Bunting Bee Coordinator to be included in a string of bunting.

Using oddments of fabric or felt draw around your chosen template (see below). You'll need two for each star or heart you are making.



If you're using fabric (not felt) you'll also need to iron some medium or firm interfacing onto the back of the piece to make it stiffer and prevent it from fraying. This can be bought from most craft shops/market stalls or department stores.



Now you can get creative and decorate one side of the heart or star, using buttons, felt, sequins, beads, embroidery thread (see page 3 for stitching help) or any other suitable medium. Remember to use 'flat' decorations such as flat buttons or seed beads that won't affect the size of your piece for posting. Avoid dome-shaped buttons or those with a shank/stalk).



Once you have finished decorating your heart/star, sew the two layers together.

- Either lay the two pieces wrong side together, and sew them using a simple running stitch, blanket stitch or cross stitch etc.
- Or if you're using fabric shapes, you could put the right sides facing together, and sew round using a small running stitch, leaving a small gap to turn the item the right way out. Then oversew the gap.



Once you have finished all your hearts/stars attach them to a ribbon either as a garland, or as 'bunting' like the knitted stars (using ribbon instead of yarn) shown below.



Posting your bunting

To protect your bunting/garland when posted and to stop it bulking up at the bottom of the envelope (which may cause you extra postage charges), please wrap your finished item around a piece of card that will fit snugly in the envelope, trying not to overlap your decorations.

Please send your finished bunting, garland or decoration to the Bunting Bee Coordinator (please email buntingbee@actionforme.org.uk for the address to send it to).

Your bunting/garland will be forwarded to a SAM to brighten up their room and let them know they have not been forgotten by their fellow members.

Stitching: detailed instructions

There are lots of craft sites on the internet which can give you ideas for decorating your shapes and more detailed instructions on how to do the stitches.

- <http://www.youngquilters.org.uk/blog/how-to-do-a-basic-blanket-stitch.html>
- <http://www.holiday-crafts-and-creations.com/running-stitch.html>

Other patterns

Other patterns that we recommend you use (please make sure your finished item is no bigger in size than the templates below.

- <http://oddknit.com/patterns/decorations/babybunting.html> - for a knitted pattern
- <http://attic24.typepad.com/weblog/teeny-tiny-stars.html> - for crochet stars
- <http://attic24.typepad.com/weblog/granny-bunting-triangles.html> - for crochet triangle bunting

For this one you can crochet each round in a different colour yarn, or make triangles that are all one colour, it's entirely up to you – but please don't use more than four rounds per triangle (not six, as the pattern says, as this makes the triangle too big to post).

Please make bunting strands with up to eight triangles at most, again to make them the right size to post out.

Templates

