



Project - March 2022

Go date: 03 March 2022

Starting 03 March 2022, through to 31 March 2022, Sewing for Charity Australia's main project will be sewing and knitting/ crocheting sensory items for adults and children living with autism, dementia and other neurodiverse communities.

The benefits of sensory play and therapy are far reaching.

[An article by the ABC talking about sensory mits](#)

[A list of suggested sensory and therapeutic intervention items from Alzheimers WA \(scroll down page\)](#)

Who are we supporting this project?

Various – schools, special schools, hospitals and aged care. How many we can support will depend on donations received.

What exactly are we making?

Sensory mats, sensory mits, sensory aprons, marble mazes, weighted toys, sensory toys

I knit or crochet - how can I help?

By knitting/ crocheting any of the requested items :)

Details

Where a link to a tutorial or further information is provided, please read all linked information before proceeding - the table provides a summary only for those items.

Organisation	Item	Fabric/ Yarn & Notions	Size	Link to details / pattern / tutorial
Various	Sensory Mats Sensory Mitts Sensory Aprons			<p>There is no set patterns for this project, so if you have a favourite please feel free to use it. You can use an embroidery machine, knit, crochet or sew these.</p> <p>You can search the term "sensory" in the SFCA Volunteers Group to find inspiration also.</p>

Some suggestions and pattern links:

[Activity Apron - Alzheimers Australia](#)

[Sensory Cushion - Alzheimers Australia](#)

[How to make twiddlemuffs - Golden Carers](#)

[How to make sensory blankets for dementia care - Golden Carers](#)

[ISpy Bag - Whitney Sews \(Video\)](#)

[Search Pinterest for ideas for weighted toys](#)

[How to sew a fabric marble maze - My Frugal Home](#)

[Marble Maze Embroidery Machine file - In the Hoop with Lee](#) (please note: this is a paid pattern, but I've made hundreds and it's worth it!)

How many?

As many as possible!

How else can I help?

Unable to sew/ knit/ crochet for this project but still want to contribute? Here are a few other ways you can help:

A. Are you local to The Lair?

- We need many hands to cut fabric, sort and pack the made items throughout the project. Come to a regular Thursday Charity Sewing Day, or, let us know when you're free to help.

B. Do you have a good eye for a bargain (or, just enjoy shopping!)?

- We need packaging supplies - clear self-sealing cello bags Size A4 and A5 (ish)

Important dates

Items need to arrive at the lair no later than **15 April 2022**. This will allow them to be sorted, packaged and sent out to our charity partners by late March.

Where do I send things?

Send any finished items or donated materials to "The Sewing Lair":

DROP OFF ADDRESS

30 Spanns Road Beenleigh QLD 4207 during opening hours

POSTAL ADDRESS

Cass Gell (AKA Boss Lady)

38 Bladensburg Dr

Waterford QLD 4133

PLEASE NOTE: IF YOU ARE LOCAL TO AN SFCA GROUP YOU ARE WELCOME TO DROP THEM THERE ALSO

FAQs

II. What items do we need the most?

- A. All items equally

III. Do I need to pre-wash my fabric?

- A. Yes please! Fabric should be pre-washed hot OR washed cold and dried in a clothes dryer on hot. This serves several purposes - removal of residual dye that may run / bleed; removal of factory chemicals / residues from the fabric manufacturing process; shrinking of fabric (if it is inclined to do so). This process needs to occur BEFORE cutting.

IV. I need fabric for this project. Can this be sent to me?

- A. Yes! We can usually send you fabric from donations at the lair. If possible, please consider covering postage. Contact Admin to arrange.

V. Where do I send completed items?

- A. Completed items should be sent to 38 Bladensburg Dr Waterford QLD 4133

VI. What courier service should I use to send in items?

- A. Use whichever courier or postal service you would like. As a guide, our volunteers have found the below services to be of good value:
- For a small number of items (up to 1kg) - Australia post satchel
 - For larger, heavier items (>1kg) - Sendle courier service

VII. I made a mistake! Should I bother finishing / sending the item in?

- A. Yes! Many charity groups use items of all sizes throughout the year. Even if the specific charities this month are unable to use it, be assured every item can find a grateful home.

VIII. I need some hands on guidance - can someone show me how to make one?

- A. Probably! Some options are below. Have a chat and we may be able to find another sewing volunteer locally you can collaborate with outside of the regular community groups!

Still have questions?

Talk to us! We'd love to say hi :)

- Email: volunteer@sewingforcharity.com
- Post on our Facebook page or send a private message (PM). Search “Sewing for Charity Australia Volunteers”
- If you’re already in the Facebook group, PM or tag one of our friendly Admins (Select “Members>Admin” for a list)