



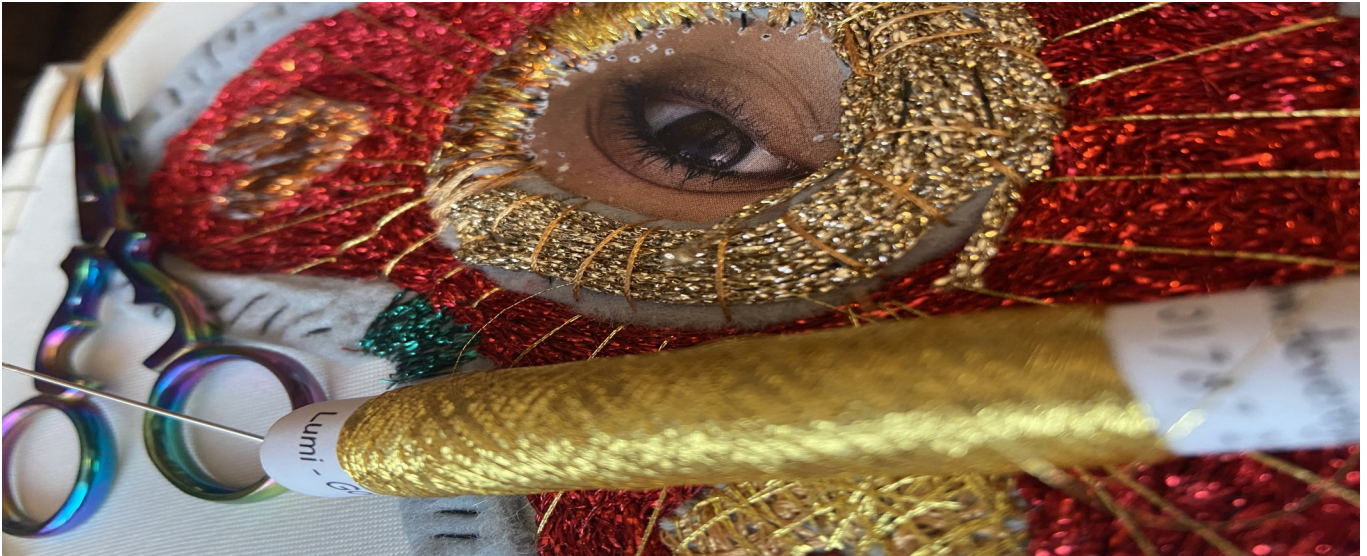
the

sunartcrafts

sew

book

Sewing tools



Work area & light
Selection of needles
Sharp scissors
Various Fabrics
Threads & Yarns
Pencil & Ruler
Different size hoops

Setting Up



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Draw design on to fabric, ensure it fits within hoop.

Place fabric in hoop and tighten the screw.

Pull fabric tight as a drum in the hoop. During sewing check regularly.

Thread your needle with a length of thread measured from your hand to elbow.

Ensure you have good light and a clean work space to sew in. Be sure your hands are clean so as not to mark your work.

Take your time stitching and check tension of fabric regularly. You can hold your hoop in your hand or place it in a table or floor stand. This allows you the freedom of moving your hands freely around your work.



Ribbons can be used to sew beautiful flowers and leaves.

Start with a simple design and build up your skills



Helpful Notes

Some other items you may need are a tweezers to help with unpicking threads. A measuring tape. Tissue paper to protect your work and a small screw driver to secure and tension your hoop.

Keep your design small and simple to start with. Choose colours that you like or feel go well together. Think about what stitches you will use , filling stitches, outline stitches and surface stitches. You can also embellish your work with beads and sequins.

Remember to enjoy your sewing. Doing the prep work will make a big difference to your enjoyment of sewing it.

Places to find information and videos on designs and stitches on the internet are Instagram , Pinterest and The Royal School of Needle work who have a stitch library available to all. Facebook is also full of great sewing groups. Remember to enjoy yourself.