

ANN HILL QUILTER

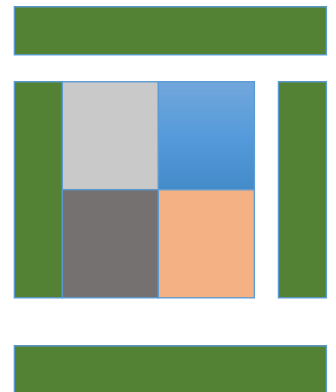
Quilting with Friends
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FIDGET QUILTS FOR DEMENTIA

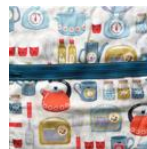
Four 10" squares for centre blocks
15" full width strip for borders
long ¼ for bindings
30" square of backing fabric
30" square of wadding

METHOD

1. Sew the four squares together in a 2 x 2 block.
2. Cut the border fabric as follows:
 - a) 2 strips at 4" x 19 ½" and sew these to each side of the block.
 - b) 2 strips at 4" x 26 ½" and sew these to the top and bottom of the block.
3. Layer up your quilt by laying your wadding onto your work surface. Spray with 505 temporary adhesive spray. Place the backing fabric on top.
4. Turn the piece over and spray the other side of the wadding. Place your quilt on top.
5. Quilt by stitching in the ditch around the inside of the border and between the blocks.
6. Trim off all excess fabric around the edges and attach the bindings.



ATTACH THE 'FIDGETS' –



POT SCRUBBER PET PLAYBALL TOGGLES ZIP

SOME OTHER IDEAS FOR FIDGETS – ball with a bell in it, buttons, dish scrub, piece of lace, small curtain tassles, ribbons with bobbins hung on them, ribbons with pieces of plumbing pipe with screwy ends to loosen and tighten, picture ribbons, pockets to put things in (attach the 'things' to ribbon so they don't get lost, buckles, stretchy laces, shoe laces, etc. etc.

