Keys and Trees

pattern for a square ‘dementia’ lap-quilt measuring 25 x 25” (63.5 x 63.5cm) or smaller

To make the quilt you need:

21 pieces of fabric, including ‘novelty’ prints suitable for adults or tactile fabrics like velvet corduroy, fleece, etc, each measuring approximately 7 x 7” (18 x 18cm)

2 pieces of fabric measuring approximately 12 x 7” (18 x 30cm)

One piece of wadding 29 x 29” (75 x 75cm)

One piece of coordinating backing fabric 29 x 29” (75 x 75cm)

One piece of fabric for the binding, measuring 42 x 8” (107 x 20 cm)

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
This pattern produces a lap-quilt size. To make a smaller quilt, suitable for taking in and out of a nursing home setting, cut out each square at 3½ x 3½” (89 x 89 mm) and the larger oblongs at 6½ x 3½” (165 x 89 mm). You will need to adjust the measurements given in this pattern down to the smaller size, thinking of a 3” finished length, rather than a 5” finished length and so on. Or you could simply use the pattern above and reduce the number of squares (e.g. remove the row on the right or the row along the bottom).

This pattern is intended to help you design and make a quilt for someone with dementia. It is gives you a basic structure that you can adapt for your own fiddle quilt. For example, you could introduce one or more additional oblongs that could be vertical rather than horizontal or you could make a larger square instead of using four pieced squares. All you need to do is decide on the finished size of the piece and then add a ¼” (6mm) seam allowance all round when you cut out fabric and join squares.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
Amanda Jane Textiles for Fiddle Fingers Quilts

A note on fabric choice: choose a good variety of prints, including ‘novelty’ prints which could provide a talking point. They should all be appropriate for adults. This quilt includes: keys, chairs, trees, budgies, buttons, cherries, shoes, dogs, telephones, boats, lighthouses, fish, cars, bicycles and flowers! Please check the guidelines from ‘Fiddle Fingers Quilts’ regarding colour choices, to ensure that dementia sufferers are able to see the images.

1. Wash, dry and iron fabric. You will need to cut out fabric on the straight grain of the fabric which runs in the direction of the threads in the weave, as shown in the photograph.

2. Use a quilter’s ruler to measure out a strip 5½" (127mm) wide on the straight grain of the fabric chosen for piece 22 on the diagram. Then turn the fabric and use the ruler to cut a rectangle 10½ x 5½" (26.7 x 12.7cm). Repeat with piece 23 fabric. Set aside.

Now cut a piece of fabric, 5½ x 5½" (127 x 127mm) from each of fabrics 1-21.

3. Lay out all your fabrics on a flat surface and move them round until you are happy with the lay-out. Then place any piece of ribbon or cord you intend to add on top of the squares.

4. For any squares where you want ribbon to lie flat across the square, pin the ribbons in place, then stitch them down along each edge, using a zig-zag stitch and removing pins as the presser foot reaches them.

On this quilt, ribbon was added to squares 8, 9,10, 17 and 18.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is **free of charge** and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
5. If you have a textured ribbon or braid, like the one in square 6 of this quilt, you may like to attach the braid, with a line of stitching down the centre, to allow the edges to stick up.

6. You may want to add fabric with some texture. Choose something that will launder in the same way as the rest of the quilt. In this quilt, two pieces were added: one velour in square 6 and one towelling in square 20.

Attach like this: pin the textured fabric to the square and stitch down with a straight stitch, taking out pins as you go. When you get close to the corner (a) stop (b) insert the needle in the fabric (c) lift up the presser foot (d) pivot on the needle (e) put the presser foot down again (f) continue stitching.

7. Then set the machine to a wide, closely-stitched zig-zag and go round again, stitching across the raw edges.

Safety note: it is essential that all threads are taken to the back of the work and finished off very securely, as a small loose piece of fabric could be a choking hazard to a person with dementia.

8. In several place on this quilt, loops of ribbon have been added for sensory pleasure, and for something to ‘fiddle’ with. One way to add these loops is to set them into the seam as follows. Fold a piece of ribbon in half and lay it on the right side (the printed side) of a square of fabric (square 1 in this case), so the raw edges line up. Pin in place. Fold and pin a second piece of ribbon to the same side, with the pins inserted as shown in the photo. Make sure the points of the pins are more than ¼” (6mm) away from the edge.

9. Take the next square of fabric (square 2) and turn it to the wrong side (the unprinted side). Pin the two fabrics right sides together, using pins inserted at right-angles. Stitch with a ¼” (6mm) seam by stitching along the marked line, taking out pins just before the presser foot reaches them.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
10. On the wrong side (so the iron does not scorch the ribbon), press the seam, then open out the fabrics and press again. Make sure the seam allowances are pressed over towards square 2. Then do a line of stitching on the right side, very close to the join between the two squares (as shown by the dotted line). This will help to keep the ribbon loops secure when the quilt is in use. You will be stitching through square 1, both sets of seam allowances and the ribbons. (You can see this kind of stitching over the ribbons in the photo next to step 19.)

11. You may like to add cord between fabric squares. Choose a soft cotton cord (as shown here with square 12), rather than as stiff synthetic one, so that it squashes flat within the seams. Follow the same instructions as for steps 8-10.

12. Stitch square 3 to square 2 with a $\frac{1}{4}$” (6mm) seam. Stitch square 4 to square 3, and square 5 to square 4, inserting ribbon as desired.

Row A is now complete. Press well on the reverse side, pressing all the seam allowances in the same direction.

13. Construct row B by joining squares 6 and 7. Then attach long rectangle 22 and finally square 8, adding ribbon as desired. Row 2 is now complete. Press as in step 12, but with the seam allowances going in the opposite direction.

Pin the two rows together. Put a pin through each place where the vertical seams meet (see photo). The seam allowances should be pointing in opposite directions, as indicated by the red arrows.

14. Then insert pins into the seam allowances as shown, making sure the points of the pins are more than $\frac{1}{4}$” (6mm) away from the edge.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
15. Insert pins at right angles to the raw edges all along the row. Join the two rows with a ¼” (6mm) seam, removing single pins just before the presser foot reaches them. Once the seam is sewn, take out the double pins which were holding the seam allowances in place.

Press the stitching on the wrong side, then open out the two rows and press the rows open, still on the wrong side.

14. Continue to stitch blocks together to make complete rows, adding ribbons etc as required. Join each row in turn as shown in steps 13–15. Press as before. In this quilt, ribbon loops were also added between rows, following the same method as shown in steps 8-10.

When the patchwork top is complete, press it once more from the back.

15. You may like to add knitted pieces to the quilt top, for extra texture. Pin, then stitch into place with a straight stitch.

(Instructions for four knitted pieces are added at the end of this pattern.)

16. Press the backing fabric. Lay it out on a flat surface with the printed side downwards and tape the edges of the fabric to the surface with masking tape. The fabric should be held taut.

17. Lay the wadding down on top of the backing fabric.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
18. Find the centre of each side of the backing and of the patchwork top. Match up the centres of each side, so that the patchwork top is centred over the backing fabric, with the wadding in between. Then insert safety pins through all three layers, working from the middle towards the outside edges. Ensure that there is a safety pin about every 4” apart.

19. Quilt as desired. Begin at the centre and work outwards. As the machine stitches, press the fabric gently away from the presser foot with your two hands on either side of the foot.

You may choose to add shapes for added texture, as shown here.

20. You may quilt around the outline of images on the printed fabric like the budgie shown in the photo.

When the quilting is complete, check that the length and the width of the quilt is even. Trim the edges with a quilter’s ruler and rotary cutter, cutting through the wadding and backing.

21. Take all the stray quilting threads to the back and then take the threads down into the quilt, cutting them off where the needle re-surfaces. Using an easy-thread needle makes this task much easier!

22. Cut the binding fabric into strips 2” (50mm) wide and join the strips along the short ends with a ¼” (6mm) seam, until you have a strip 110” (280cm) long. Fold the binding in half lengthways with the wrong sides together. Beginning on one side, and leaving a ‘tail’ of about 4” (10cm), stitch the binding to the quilt ½” (6mm) from the edge. Ensure that all the raw edges are lined up.
23. When you come to a corner, stop ¼” (6mm) from the next side, pivot on the needle and stitch out at a 45 degree angle to the corner. Take the quilt out of the machine and cut the threads. Fold the stitched binding upwards and outwards, away from the quilt. Lay the next part of the binding on the quilt with the raw edges aligned. Then place the quilt under the presser foot again and stitch along the next side.

24. Repeat until you are about 8” (20cm) from where you began. Take the quilt out of the machine. Lie the two lots of binding on top of each other and mark where they overlap. Join the two ends at the marked point with a ¼” (6mm) seam. Then stitch this remaining section of the binding into place.

Turn the binding to the back of the quilt and hand-stitch into place. Run the needle through the binding, then take a small stitch into the back of the quilt, just about the stitch line (see photo). The quilt is complete.

Instructions for knitted pieces to add to the quilt

You will need about 15g double knitting for each piece.

**Orange**

Cast on 36 stitches.

Row 1: (Knit 2, purl 2) Repeat to end of row.

Row 2: (Purl 2, knit 2) Repeat to end of row.

These two rows form the pattern. Repeat 11 more times (24 rows in all).

Cast off.

**Blue**

Cast on 36 stitches.

Row 1: (Knit 1, purl 1) Repeat to end of row.

Row 2: (Knit 1, purl 1) Repeat to end of row. Continue for 40 rows.

Cast off.

This pattern was written for Fiddle Fingers Quilts (www.fiddlefingersquilts.co.uk). It is free of charge and can be shared, copied and emailed, to make quilts for people with dementia. Amanda Jane Ogden (www.amandajanetextiles.com)
Green
Cast on 36 stitches.
Knit 4 rows
Row 5: Knit 2. (Knit 2 together, pass yarn round needle, knit 4) repeat 4 more times. Knit 2 together, pass yarn round needle, knit 2.
Row 6: Purl.
Row 7: Knit.
Row 8: Purl.
Repeat rows 5-8 seven more times.
Knit 4 rows.
Cast off.

Yellow
Cast on 36 stitches.
Row 1: (Knit 6, purl 6) repeat twice more.
Row 2: (Knit 6, purl 6) repeat twice more.
Repeat rows 1 and 2 twice more.
Row 7: (Purl 6, knit 6) repeat twice more.
Row 8: (Purl 6, knit 6) repeat twice more.
Repeat rows 7 and 8 twice more.
Repeat rows 1-12 twice more.
Cast off.

I hope you have enjoyed using this pattern and that someone who uses your quilt finds it beneficial.

Amanda