
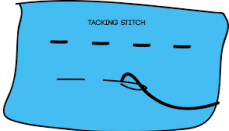


## Messages of Hope and Lament

Community art project.

Here is some information that will help you create a fabric postcard. The theme is the coronavirus pandemic. You could think about something or someone you missed or lost or things you discovered or were thankful for or that gave you hope. We'll display your postcard alongside others. Remember, you don't have to be able to sew, you can draw or glue but here is some information to help you. We hope you have fun!

How to make a fabric postcard	
You will need:	
<ul style="list-style-type: none"><li>• Basic sewing kit – scissors, needle, thread, fabric glue</li><li>• Things to use to decorate your postcard</li><li>• Ruler, pen pencil, colouring pens or pencils</li><li>• 1 piece of cotton- cut to 16cm x 11cm for your picture on the front. You can use any colour you want.</li><li>• 1 piece of card- cut to 16 com x 11cm (postcard weight is best) for the middle</li><li>• 1 piece of white or cream cotton cut to 16cm x 11cm for the back- you will need to write on this later</li></ul>	
Instructions	
1	Think about the theme, what you want your picture to be.
2	Design it on a piece of paper. Think about the colours and texture you might use.
3	Decide what technique you are going to use or use a combination. Fabric collage, hand embroidery, machine embroidery, print, fabric painting etc... all work well.
4	Next you need to print or draw the postcard markings  on the back piece of fabric. Use this postcard image to help you.
5	You now need to make a fabric sandwich. Make sure the picture is on the front and the postcard is on the back.
6	 Use tacking stitch to tack all three layers together and trim the fabric sandwich to the finished size (15cm x 10cm).
7	Next you need to join the edges together, you could use: <ul style="list-style-type: none"><li>• blanket, buttonhole or satin stitch by hand</li><li>• zig zag stitch on a sewing machine</li><li>• fabric glue or bondaweb.</li></ul>
8	Remember to remove any tacking stitches.
9	Write your message on the left-hand side of your postcard back and the address on the right.
10	Finally you need to post it or drop it into Imogen Nay, Chelmsford Cathedral, 53 New Street, Chelmsford CM1 1TY. Please can you complete it by <b>1st June</b>