



SEW-2-SOW

**Gather your family, gather your friends online to stitch and chat
and sew some joy, hope and love into the lives of children and young people.**

CaraCare is known for its creative and innovative group work programs for children and young people who have experienced abuse and trauma. Our groups provide opportunities for children and young people to heal and grow. The COVID pandemic is affecting the global human family. The necessary social distancing and home isolation means for many children and young people there is an added emotional and psychological distress plus the risk of increase in abuse and domestic violence that is already surfacing.

CaraCare has postponed the face to face group work programs to assist in promoting the health of the community and to curtail the spread of the virus. However, I am delighted to let you know that this does not mean we have abandoned children and young people to these added stresses. We have moved our group work programs online and we have developed a self-care and emotional health kit.

This kit is an important part of CaraCare continuing to sow hope, love, and joy into children's and young people's lives so they can continue to emotionally, psychologically and spiritually grow.

SEW – 2- SOW campaign: A Call out to all sewers great and small.. 😊



An important part of our CaraCare kit is a sensory item. This will be a fabric house filled with the calming smell of either some lavender or rose petals. Attached to this information sheet is a description and instructions on how to sew the sensory house.

If you are in and around the Concord area we can come and collect your completed houses without coming into your home or you can leave it on our front doorstep at Cara House; 1 Davidson Ave, Concord, NSW, 2137. If you live far and wide then we can reimburse you for postage and packaging.



Join our SEW – 2- SOW campaign updates on Facebook. 😊

We would love you to send photos, short videos and messages to each other as you sew. These can be sent to Alys at intake@caracare.org.au and she will put them on our Facebook site @CaraCareAU

If you have any questions about the SEW-2-SOW campaign you can ring Alys on 8765 0261 or email her at intake@caracare.org.au

Please see the next page for instructions on how to create your SEW-2-SOW Campaign items

We look forward to you joining us, stitch by stitch, in this fun and creative activity of sewing and sowing hope, joy and love into children's and young people's lives.

Mary Jo

CEO CaraCare

How to create a SEW – 2- SOW house. 😊

YOU WILL NEED:

- ✓ Assorted fabrics
- ✓ Stuffing
- ✓ Dried lavender or rose petals.
- ✓ Sewing machine or needle if hand sewing
- ✓ Pins
- ✓ Cotton
- ✓ Scissors



STEPS:



Step 1- gather a number of different coloured fabrics to make your houses.

Step 2- cut out your templates below

Step 3- pin your house template to a piece of fabric and cut around the outside of the template directly on the fabric

Step 4- repeat step 3 with the roof, door and window templates

Step 5- mix and match the fabric templates to make patchwork houses (two house templates, one door, one window and two roof templates)

Step 6- sew the templates together

Step 7- pin the two houses together inside out and sew around the outside leaving approximately a 1cm gap.

Step 8- turn the house inside out and fill with some lavender or rose petals and stuffing.

Step 9- sew the final gap together.

Step 10- contact CaraCare to arrange a handover of the items.

