



Embroiderers' Guild

December
Newsletter

Brighton Branch



Small acts of kindness



A very happy Christmas to all our members.

A large number of us joined together for the Guild Christmas tea party and under the expert tuition of Dianne Bunyard made some really stunning Christmas decorations

In January the Brighton & Hove Guild are supporting a new initiative at the Sussex County Hospital called **Small Acts of Kindness** So many patients who can no longer look at the TV or listen to the radio long for something to do.

A Fidget Quilt is a small lap quilt that provides sensory and tactile stimulation for the restless or "fidgety" hands of someone with Alzheimer's or related Dementias. They are also very helpful to the nurses in distracting the patients attention when carrying our medical procedures'.

We plan to spend our January 6th meeting making these quilts. What will you need to bring?

A selection of fabrics, especially those with a variety of textures for sensory/tactile appeal. Though there will be some fabric available from the guild 'stash'. Some batting or blanket as a soft filling.

Trims such as bobbles, braid, rick rack, lace, buttons, large beads, pockets, belt rings, zippers pompoms ribbons etc., A real chance to let your imagination free reign

The room will be open from 10am, for anyone who would like to come have a coffee and make a start and after lunch we will welcome Heidi von Kurthy. You may remember she visited us last year talking about her research into the effect of craft

on ageing. On January 6th she will be back with us to share some of the results and talk about how 'making' relates to health and well-being and also tell us a bit how this works in relation to the brain (neuro-anatomy) So we better pay attention it is something we will all need to know one day!

February 3rd is the first of our workshop sessions. A chance to learn and improve our skills. Julia Brown will be teaching us how to instill atmosphere into landscape embroidery. Lots of tricks, short cuts and tips. Session starts at 10a.m. and you will need to bring your sewing machine. Full details of the workshop and materials will be in the January newsletter. Cost £20.00. (The workshop that is, not the newsletter!)

Our treasurer Beverly has been unwell and we wish her a speedy recovery.

Many of you have not paid your subscription to the branch for the coming year, if you are one of the guilty ones please see Beverly at the January meeting or Trish our Chairman.