

# BBF Craft Pack

For sewing projects

buddy bag  
foundation

making a difference to children in emergency care



Buddy Bear Sewing Projects





## The Buddy Bag Foundation Craft Pack

### Get involved and get creative

### Become a volunteer and make a real difference

Our volunteers come from all walks of life and a variety of backgrounds and so every one has different skills, experiences and networks who may be able to help us.

Whether your donation is time, money or skills, every single contribution of any kind is appreciated by the foundation.

### The rewards of volunteering

- Gain confidence
- Make a difference
- Meet people
- Be part of a community
- Learn new skills
- Take on a challenge
- Have fun!



Helping The Buddy Bag Foundation with your creative skills gives you a purpose and a project which brings joy to the lives of the children in emergency care who receive them. All of the items you lovingly create will go inside the Buddy Bags for the children.

### Additional Resources

Please also see our Crafter's Pack for knitting bears and blanket projects, you will find a variety of different knitting patterns, all donated by our talented knitters with a choice of bears you can knit. Download the pack at our website:

<https://buddybagfoundation.co.uk/bbf-resource-centre/#downloads>



*Karen*

**Karen Williams, OBE**  
**Founder of The Buddy Bag Foundation**



<https://buddybagfoundation.co.uk>



<https://twitter.com/buddybagsuk>



<https://www.youtube.com/@buddybagfoundation>



<https://www.facebook.com/BuddyBagFoundation/>



<https://www.linkedin.com/in/karenswilliams/>



<https://www.instagram.com/buddybagfoundationofficial/>



## Toiletry bag

**Size: Drawstring bag 12" x 10"**

Make in bright colours for children aged from 0 to 16.

**Folded pencil case Size: 10.5" x 6.5"**

Follow the demonstration on YouTube

<https://www.youtube.com/watch?v=ezu0zEx3rx4>

**Zippered pencil case Size**

**10.5" x 6.5"**

Follow the instructions on YouTube

<https://www.youtube.com/watch?v=i1AsfZRYIRM>

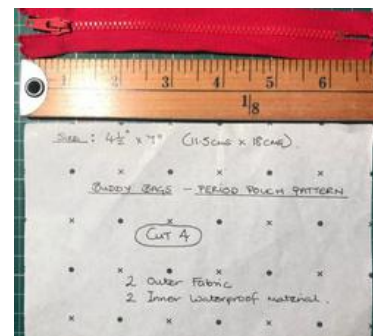


# Period Pouches

Instructions to make a small pouch to hold pads and tampons.  
Pattern kindly donated by Tricia Turner-Lawlor.

## You will need:

- Pretty Fabric
- Waterproof lining (ie shower curtain material)
- Zip (6-7 inches)
- Cotton thread



## Equipment:

Scissors; tape measure/ruler; dot and cross paper (or anything that you use) for pattern reference; pins; sewing machine/needle; corner shaper and iron.

## Method:

Make pattern measuring 4 1/2 inches by 7 inches (11.5cms x 18cms). This is your reference for repeated makes, saves time!

**NB: This pattern can be tweaked according to zip size, this is based on zip size suggested above.**



- Cut 2 in outer fabric
- Cut 2 in waterproof material
- Place the zip with pull/slider upper most and on the left hand side.
- Place 1 piece of the outer fabric and 1 of the waterproof material right sides together either side of the zip tape.
- Make sure the outer fabric is on top of the zip tape with the pull/ slider and the waterproof material beneath.



- Pin (and tack) in place keeping all edges together.
- Sew in place, use zipper foot on your machine.
- Carefully iron the pieces sewn away from the zip.
- Turn zip around (pull/slider now on right hand side) and repeat with the other piece of outer fabric and waterproof material.



## Period Pouches

Page 2



- You should now have all 4 pieces attached to the zip, 2 each side.
- Now bring the 2 outer fabric pieces together, with right sides together; and the 2 waterproof material pieces together, with right sides together.
- Pin at the zip/material joins first so the joins are flush together for a neater finish when the pouch is turned the right way around.
- Open the zip, otherwise you will not be able to turn it to the right side after sewing.
- Pin (and tack if desired) around the edges leaving a gap at the bottom edge of the waterproof material. This is where you will pull the fabric through to turn it the right side out.
- Sew around edges and leave gap open.
- Trim corners to make neater and sharper finish. Tie and trim threads.
- Carefully pull fabric and material through gap so right sides are out.
- Make sure corners of outer fabric are pushed out sharply/ neatly, before sewing up the gap.
- Use a long chop stick or equivalent to reach through the gap to push out corners and edges.
- Carefully sew the gap together on the bottom of the waterproof material, using slip stitch or a neat machine line.

- Now push it down inside of the finished outer pouch, making sure corners are pushed well into corners of the outer fabric. The waterproof lining is now in place.
- Close zip
- Press pouch carefully to finish.
- If you don't like zips finish with a flap and stud press instead.



## Where to send your creations

Once you have finished your creation, then please package it up and send it to:

Buddy Bag Foundation  
c/o Howell Group Ltd  
Unit 28 Maybrook Road  
Maybrook Business Park  
Minworth  
B76 1AL

Please include your full name, address and email address.



**Thank you for all of our talented sewers  
for making a difference to children in  
emergency care.**

*Karen*

