



Welcome to the WISH Edition Number 24!!

It has been a while since our last edition, but we are keen to keep the newsletter and group going, we have had some submissions, but we need more of your inspiring arts and crafts!

Thank you to those who did submit their brilliant work - we hope you enjoy their contributions in this newsletter!

Cosy "envelope" style dog bed

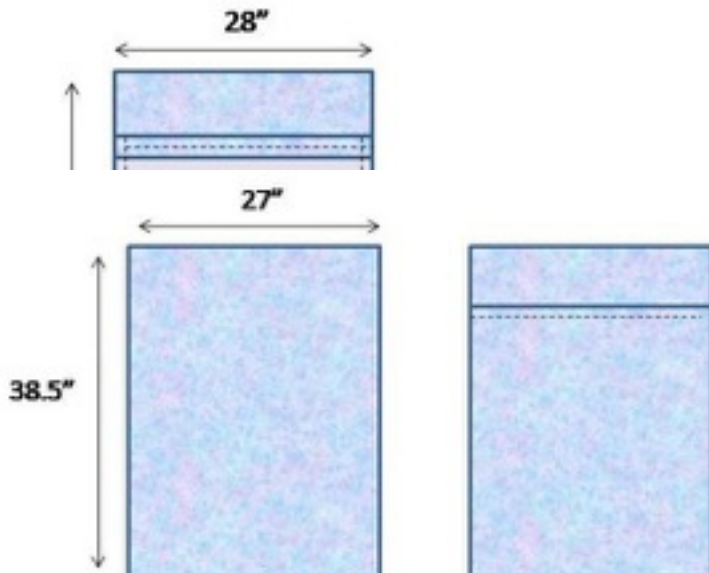
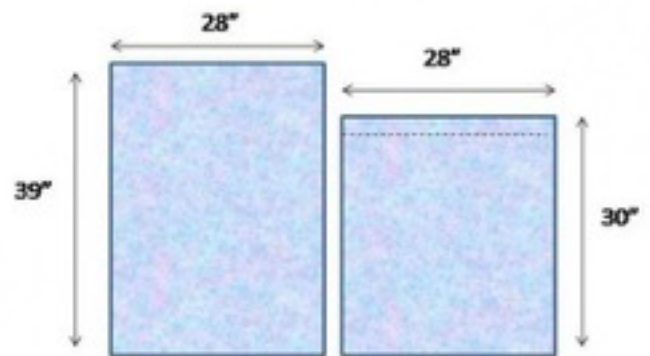
Photos and Instructions submitted by Isolde

I made my dog envelop for a large whippet but of course you can make your dog bed any size.

For this project you will need:

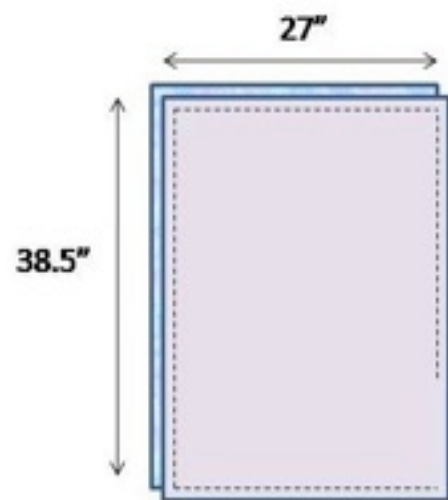
- 3 Yards of heavy fleece
- Poly-Fil Pillow Stuffing
- Your Sewing Machine

Begin by cutting the fleece into three pieces. For my bed, I cut **two 39" x 28" pieces, and one 30" x 28" piece**. Fold the top edge of the smaller piece over 1" on the top and sew a seam, creating a finished edge.



With right sides together, place the shorter piece over top of one of the bigger pieces and sew a 1/2" seam around the sides and bottom. Clip the corners, and turn the entire piece right-side-out. You now have a pocket.

For the next step, cut the leftover large piece down a bit to match the size of the sewn together pieces. With right sides together, place the pocket piece over top of the back piece and sew a 1/2" seam around the entire perimeter, leaving about 6" unsewn so that you can add the poly-fil.



Now, flip it right side-out using the open section of seam. Stuff with poly-fil, and machine stitch your seam closed. [Best to machine stitch here even though a blind hand stitch would probably look better, but a machine stitch is much more durable]

Finished bed and doggie is fast asleep inside it:



Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture. - Ken Robinson



Creativity is a natural extension of our enthusiasm. - Earl Nightingale



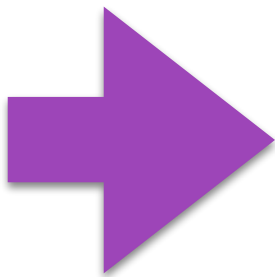
I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. - Albert Einstein



Inspired!!! - submitted by Rosie

Rosie was inspired by Muriel's Blankets so she tried a couple of different patterns, here's how she got on:

My preferred choice if I was doing it again would be the chevron design baby blanket as it was so easy to knit!



No sewing involved, as you can tell from past contributions how much i love sewing
(Not true!) :-)



Both blankets went to new mums!



I also made a scarf made out of **SPARKLY WOOL**, which I got in Aldi I think but I didn't like the length of it so sewed the ends together to make a cowl. That went to my daughter for Christmas as she likes the uniqueness of handmade garments!



Finally, some other projects I completed:



The Knitted Teddy Project in aid of The Tumaini Scotland Fund - articles submitted by Sue

Here is a simple Knitted Teddy pattern submitted by Sue on Behalf of the Tumaini Fund. Once the teddy is completed you can send it into The Tumaini Fund who ship them out to children in Tanzania:

Simple Knitted Teddy Pattern



3¼mm (size 10) knitting needles

Double knitting wool in 4 colour – 1st colour (e.g. fawn) for head and paws, jumper colour, trouser colour and scarf colour.

Please do not use white as it is a mourning colour in many countries.

Legs (2)

Using 1st colour cast on 10 stitches and knit 10 rows, change to trouser colour and knit 30 rows.

Knit across both legs (20 sts) for 16 rows.

Change to jumper colour and knit 24 rows.

Change to 1st colour and stocking stitch and work 14cms (5½ inches)

Change back to jumper colour and knit 24 rows.

Change to trouser colour and knit 18 rows.

Divide legs (10 sts each) and knit 30 rows in trouser colour, then 10 rows in 1st colour.

Cast off.

Sew up head.

Arms (2)

With jumper colour pick up 8 sts either side of neck (16sts) and knit 20 rows.

Change to 1st colour and knit 10 rows. Cast off.

Sew up teddy, leaving opening at crotch for stuffing.



Sew diagonally across corners of head to make ears before stuffing

Run a length of wool round the neck and draw it in.

Sew on a happy face with black wool – no buttons, please!

Scarf

Cast on 75 sts, knit 4 rows and cast off. Sew firmly to back of neck.

Stuffing

As teddies have to be screened by Customs, please use standard washable polyester fibre (not wool or nylons). If one teddy is different, they refuse the whole shipment. Drugs have been smuggled in soft toys and they are very strict.

THE Tumaini Scotland FUND



'Restoring hope to the widows & orphans in Kagera, NW Tanzania'



SPONSORSHIP INFORMATION

£1 per week can feed & clothe an orphan in Kagera. It will also enable them to access primary school.



£16 per month can change a whole family - like Judith & her siblings seen here before and after help from The Tumaini Fund

"Defend the cause of the weak and the fatherless.

Maintain the rights of the poor and the oppressed."

Psalm 82 v 3



£3 per month will pay for secondary school fees for children like Judith.

TUMAINI is HOPE in Swahili. Please use the form overleaf if you would like to join us in restoring hope to children like Judith.

The Tumaini Fund (Scotland) is an independent charity registered in Scotland - SC044613. There are sister charities in several countries including Guernsey where the Tumaini Fund originates. For more information-

www.tumainiscotland.org.uk

tumainiscotland@gmail.com

Crochet Egg Cosies

submitted by Sue

They take around 15 minutes to knit, and are a great project for beginners!



Egg cosies

Keep your boiled eggs warm with these cute little cosies. Quick to make in the round and using organic yarn, they are perfect gifts or breakfast table treats. Beginners will find these easy and a good way to learn to crochet in the round. Make them with a contrasting border; Improvers can try some beading and bead around the bottom instead.

level 1: Beginner - without beads

level 2: Improver - with beads

materials

Rowan Belle Organic DK (50% organic wool, 50% cotton)

1 x 50g ball (120m/131yds) each of:

012 Tomato

009 Hibiscus

014 Robin's Egg

016 Cilantro

Rooster Almerino DK (50% baby alpaca, 50% merino wool)

1 x 50g ball (112.5m/124yds) 210 Custard

3.5mm (E/4) crochet hook

Sewing needle and thread

6cm (2½in) lengths x 1.5cm (½in) wide ribbon for each cosy

15 x Rowan beads J3001016 (optional)

abbreviations

ch chain

dc double crochet

dc2tog Insert hook into next st, draw a loop through, insert hook into next st, draw a loop through, pull through all 3 sts.

rep repeat

st(s) stitch(es)

ss slip stitch

finished measurement

15.5cm (6in) circumference

tension

Tension is not critical on this project.

method

without beads

Make 2ch, 6dc into second ch from hook.

Round 1: 2dc in each st to end. (12 sts)

Round 2: 2dc in each st to end. (24 sts)

Rounds 3-7: 1dc in each st.

Round 8: * 1dc, dc2tog; rep from * to end. (16 sts)

If using a contrasting colour, fasten off here and rejoin new colour into fastened-off st.

Round 9: 1dc in each st, ss into last st.

Fasten off.

Turn cosy right side out.

with beads

Thread 15 beads onto yarn before starting cosy.

Rep Rounds 1-8 of cosy pattern.

Beaded round

Work next round very loosely.

Round 9: Place bead to back of each st and make 1dc in each st, ss into last st.

Fasten off.

Turn cosy with beads on outside.

to make up

Sew in ends.

Cut a piece of ribbon 6cm (2½in) long. Hem the two ends to prevent fraying and sew the ends together to make a tab. Sew onto the top of each cosy.



And Sue's fantastic finished knitted Egg Cosy!



Ultra-Soft Crocheted Slippers

submitted by Sue

For this project you will need:

- *1 Pair of Insoles (bought cheaply from pound land - £1 a pair)*
- *1 Ball Cotton (100%)*
- *1 Size 4 Crochet Wool*
- *Small oddments of wool for contrast*
- *Trim & Flower*

The Slipper

Cut insoles to size (i.e size 6)

Go around insole with hook and wool and form blanket stitch:



This creates the foundation for all other stitches, now double crochet all around insole.

Eight rows in total.

Sew up one third at toe end.

Two rows of double crochet around opening.



Flower

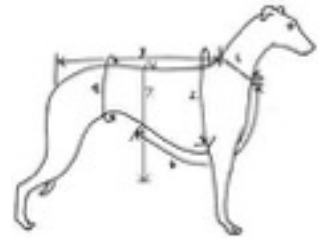
8 Chains - slip stitch

8 double crochets in ring - two chains in every second stitch to form flower. Attach near toe or alternatively a nice button could be used.



A NEW WHIPPET DOG RAIN COAT

submitted by Isolde



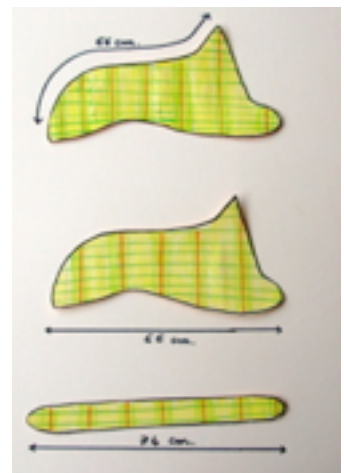
Step One

Take all the necessary measurements.

Cut out the profile pattern in paper. Hold it up to the side of your dog to make sure everything is correct. Then trace the shape on the fabric of your choice. Raincoat has 2 layers: waterproof outer and flannel or fleece inner.

These measurements are suitable for a medium size whippet. If your whippet is bigger or smaller, adjust all the measurement as needed for a custom fit.

This dog coat sewing pattern measures **66 cm** (26 inches) along the top edge as well as overall length. The band that goes around the chest measures **74 cm** (29 inches).



Step Two

Sew the two body sides along the top line.

Step Three

With 25mm (1 inch) bias tape, trim coat edges and cover back seam line. Also trim the belt.

Step Four

Sew together the front part, overlapping the right and the left tabs.



Step Five

Add the belt, attaching it at the top centre. Wrap it around dog to see where you want to sew on Velcro fastener strips for a snug but comfortable fit.

Comparing the pictures below, you can see that I set the belt further back on my female whippet. Also, the coat folds back at the collar. And I've added more length to the rear for better protection!

New Editor!



This Issue of the WISH Newsletter was pulled together by someone new: Rebecca! She is keen to be involved with WISH and we hope you do like her style - but she says feedback is welcome!!!

But in the meantime here is a little about Rebecca:

How long have you been involved with Befrienders Highland for?

I have been a volunteer Distance Befriender since 2011 and love it!

Do you like Art & Crafts?

Yes I love handmade/art/crafts - I am just not very good at it, but will always give it a go. My Nana was a Textile Designer and an Art Teacher, so I am surrounded by her works of art - she was very talented and as a result I have an interest and admiration for such!!!

If you had to describe yourself using 3 words, what would they be:

Enthusiastic - Caring - Philosophical :-)

KEEP
SHINING!!!!

Thank you again to our contributors for this issue - we hope you have enjoyed reading about their exciting and fabulous projects!!

Hoping this issue has given you some ideas to:

'KEEP ON CRAFTING!'

But also do take inspiration from the juiciness of the greenery of the Highlands, crystal blue Lochs and vivid blue skies!

The deadline for the next issue is **31st December 2015** so keep your **INSPIRING** work coming in!

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- We're in stitches highland

