

SEW AND GROW IN THE COMMUNITY

Face Mask Sewing Kit

(Not for medical use)

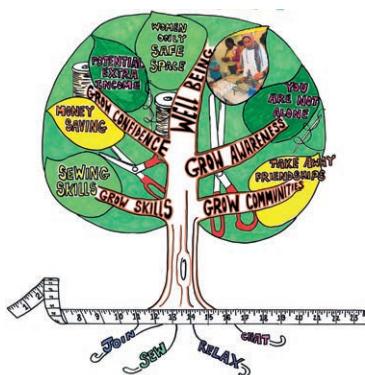


In your kit:

- 1 Elastic
- 2 Fabric
- 3 Interface
- 4 Needle, thread, pins
- 5 Pattern

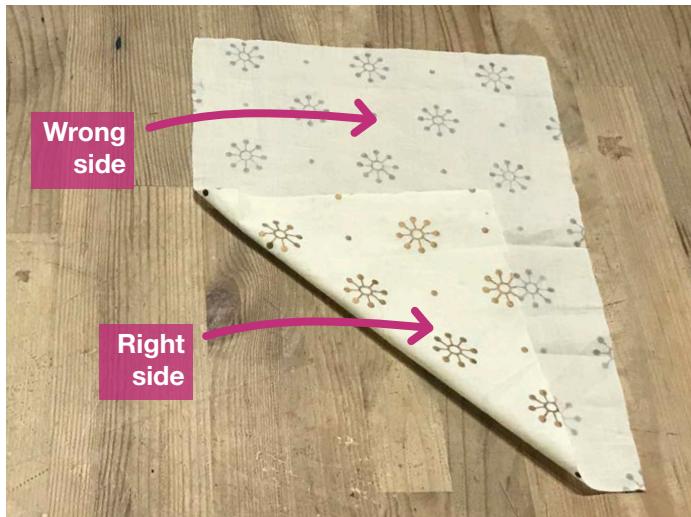


- You will need scissors and an iron.
- You can machine or hand-stitch.
- Refer to the videos (sent separately) where a video is mentioned in the instructions.



Sew and Grow was set up by Sue who is a sewing teacher, and a survivor of domestic abuse. Her vision is to create a safe space for women to connect, learn skills and build confidence. She is supported in this community project by RISE (a domestic abuse charity).

1. Fabric



1a The fabric in your pack is plain. If you choose to use printed fabric, please note that there is a 'right side' and 'wrong side'.



1b Place ironed fabric down on right side (so you are looking at the wrong side).



1c Fold over in half.



1d Place pattern onto FOLD, and pin. When placing the pattern onto the fabric, remember that the FOLD marked on the pattern must be on the FOLD of the fabric.



1e Cut around pattern. Then take pins out.

2. Interface



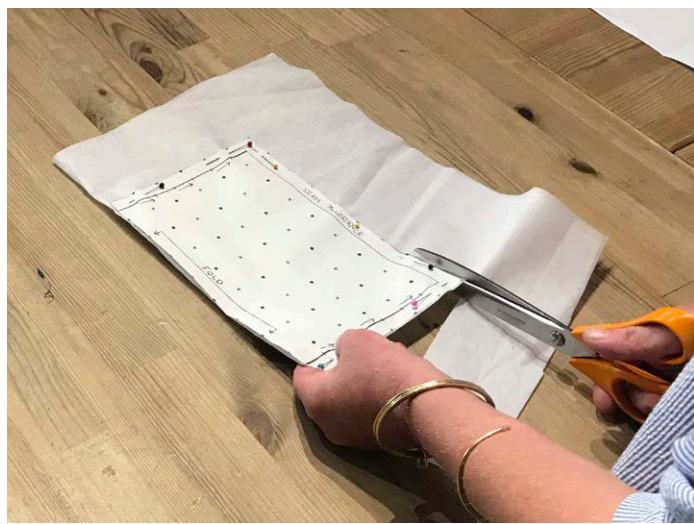
2a Place interface down.



2b Fold over in half.



2c Place pattern onto FOLD, and pin. Remember, the FOLD on the pattern must be on the fold of the fabric.

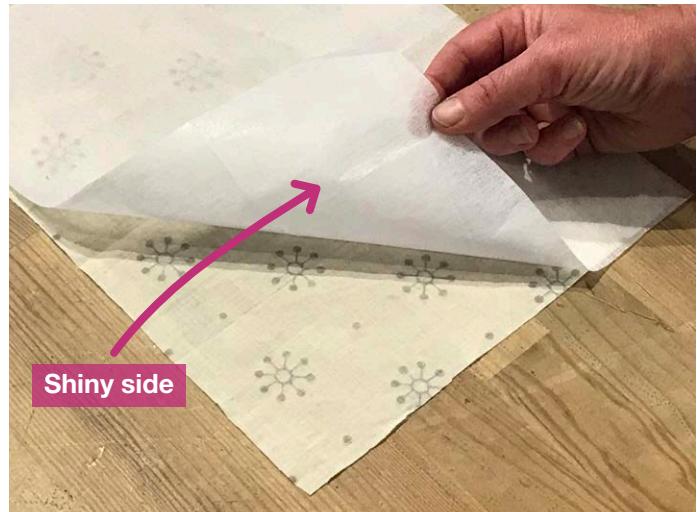


2d Cut around pattern. Then take pins out.

3. Iron interface to fabric



3a Unfold fabric so you are looking at the wrong side.



3b Place SHINY side of interface onto WRONG side of fabric.



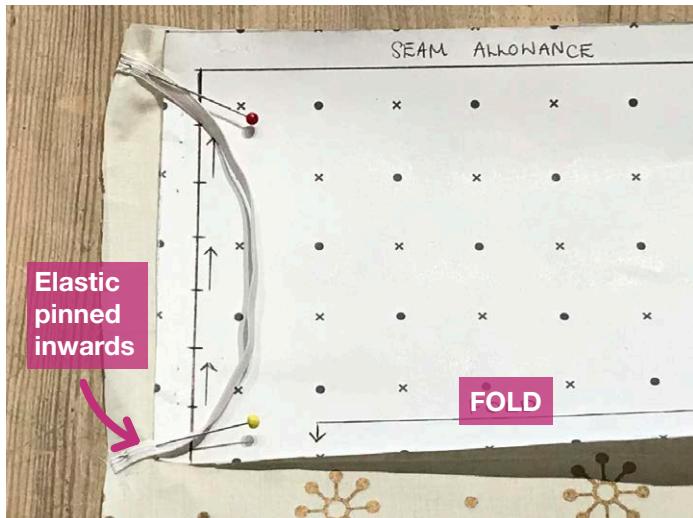
3c Iron on medium heat until completely stuck together, checking all edges.

4. Elastic

First, cut the elastic in half, so each half is approximately 7 inches long.



4a Pin elastic onto the right side of fabric, using the pattern as a guide.



4b Place one pin at the top in line with the seam allowance and one pin at the bottom on the Fold. Make sure the elastic is pinned inwards an not twisted.



4c Repeat on the other side.



4d Stitch elastic by hand or by machine.



4e And stitch on other side.

5. Marking the fabric



5a Fold fabric over so you are looking at WRONG side and elastic is INSIDE the folded fabric.



5b Place your hand in centre and make a mark either side of hand. This is for a GAP to LEAVE OPEN for the filter.



5c Draw lines around fabric leaving a seam allowance of half an inch, as per the pattern.



5d Pin around edge but not where the GAP is, as it must be left open. Make sure the elastic is pushed in.

6. Stitch



6a Hand stitch the lines leaving the gap open. (See Hand-stitch video.) Lock stitching at the beginning and the end.



6b ...OR machine stitch lines leaving gap open. Lock stitching at the beginning and the end.



6c It should look like this when stitched.

7. Turn



7a Turn fabric through so RIGHT side now visible (see Turn video).

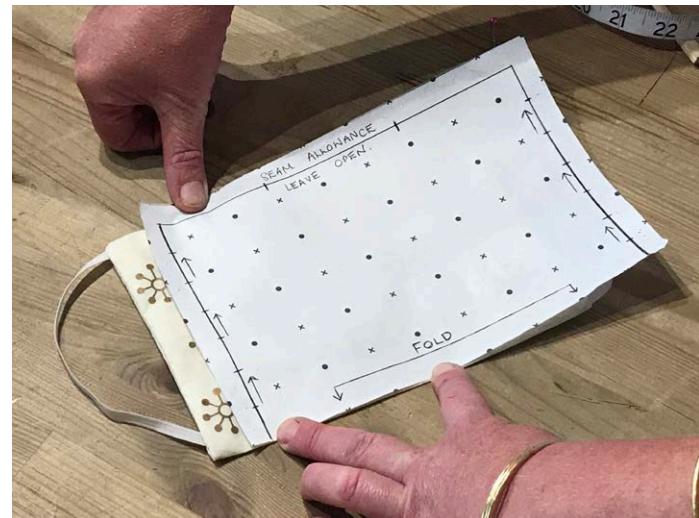


7b Use a pencil or pen to push out corners.

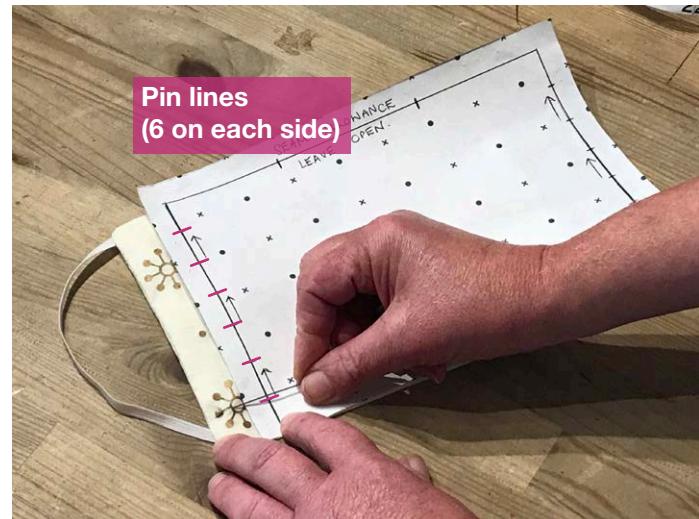


7c Iron.

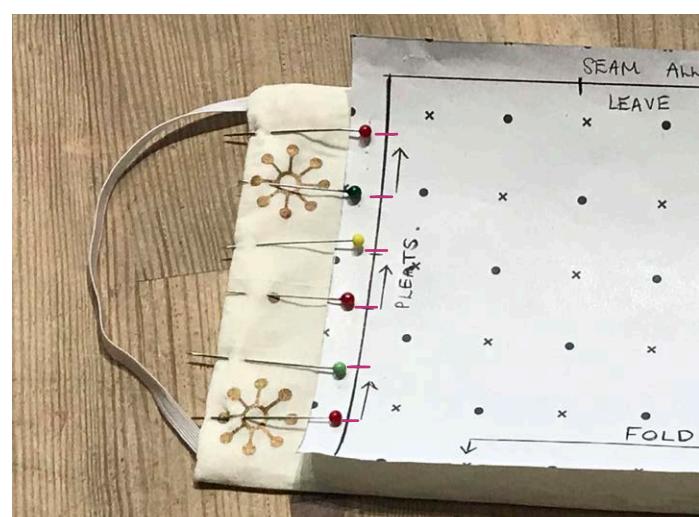
8. Pinning pleats



8a Place pattern on fabric like this.



8b Use pattern to pin along each pin line.



8c So 6 pins in total.



8d Do the same on other side.



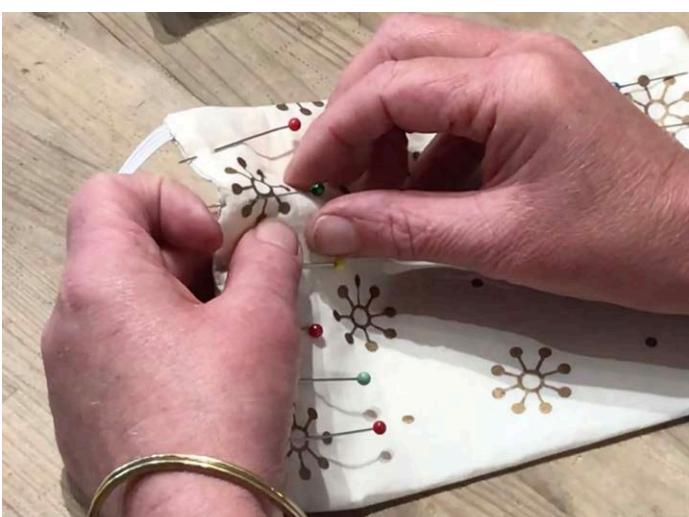
9c Do same with 4th pin.



9a See Pleating video 1 (explaining 9b to 9d).



9d Do same with 6th pin.

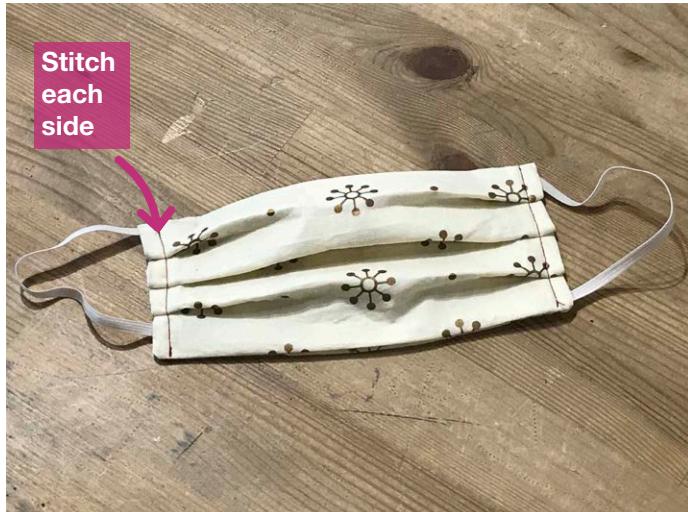


9b Start with 2nd pin, fold up and pin.



9e See Pleating video 2. Do the same on other side but folding down this time as shown in the video.

10. Finish



10a Stitch along each side by hand or machine.



10b Insert filter in gap.



Here's one that Anita from RISE made.



Add additional elastic to wear like this.

Do:

- ✓ Wash your hands before touching the mask.
- ✓ Adjust the mask so it covers your mouth, nose and chin.
- ✓ Avoid touching the mask.
- ✓ Remove the masks by the straps behind the ear or head.
- ✓ Wash the mask in soap or detergent.

Don't:

- ✗ Don't wear a loose mask.
- ✗ Don't wear the mask under the nose.
- ✗ Don't use a mask that is difficult to breathe through.
- ✗ Don't wear a dirty or wet mask.
- ✗ Don't share your mask with others.