

Live Bunting / Mini-Banner



What does the menopause mean to you?

Below is a guide to make a mini-banner.

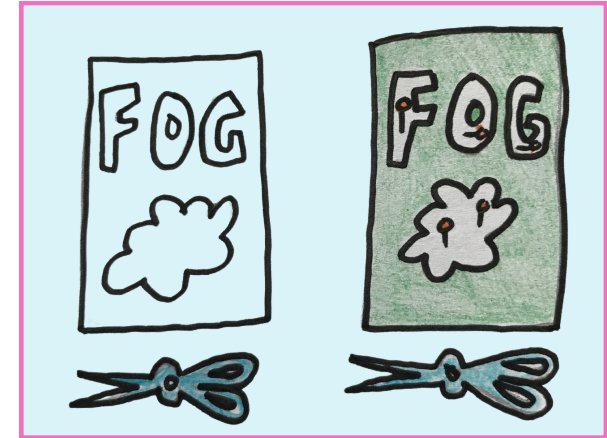
It could feature an emblem, word or something else that represents your menopause experience.



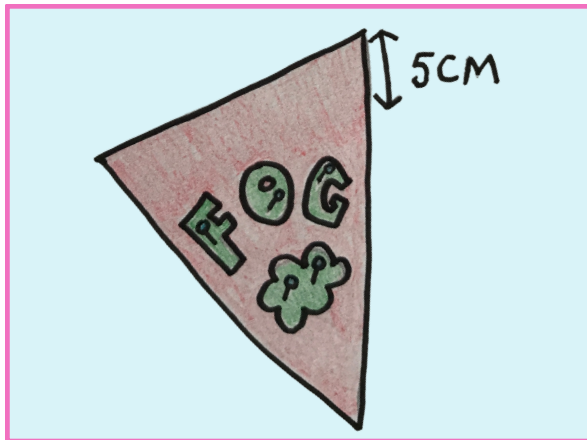
Kit: paper & pencil, 2 fabric triangles, felt, embroidery thread, needle, pins and scissors, dowel (optional).



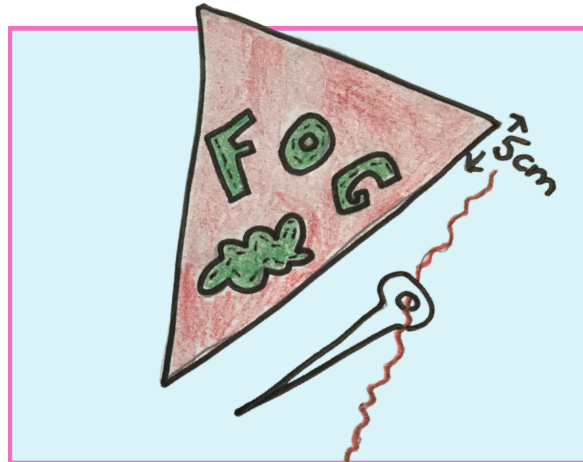
Design a motif for the banner, try out a couple of designs until you are happy.



Draw your final design on paper & cut out. Pin onto felt sheet & cut out.



Pin the felt cutout on to the fabric triangle. Keep the emblem at least 5cm below the top edge.



Using a contrasting thread, sew around edge of emblem - this can be a simple running stitch - try to keep stitches evenly spaced.



Double fold & stitch the top edge to make a banner (make sure the dowel fits inside), or sew together with plain triangle as a backing & join with other pieces to create bunting.