



starfish malawi

MAKING A WORLD OF DIFFERENCE

## GATEWAY FUNDING PROPOSAL 2021-2022

### Appendix 3

## GATEWAY HYGIENE KIT INSTRUCTION MANUAL

### Pattern for Shield

#### Fabrics required

The body and the pockets are made of lightweight cotton similar to Chitenje material. Ideally use one colour patterned fabric for the shield base and a contrast colour patterned fabric for the pockets. One piece of waterproof fabric in the main body shape only.

#### Stage1 Template main shield body:



Size: Main Body of Shield 27.4cm long x 21cm wide.  
Pockets (cut two) 9cm long x 10cm wide

#### Cutting out the fabrics

- \*\* Cut one piece of cotton fabric in the base colour around the main shield body template
- \* Cut two pieces of contrast cotton fabric around the pocket templates  
Cut one waterproof fabric in main shield body shape. Tried and tested waterproof mattress covers (soft finish not towel finish) from "Dunelm Mill"
- \* *Allow for enough fabric for double folded hem on straight edge of pocket).*
- \*\* *If an alternative strong waterproof fabric is used it will be necessary to cut a second piece of cotton fabric in the base colour around the main shield.*

### To Make

**It is not recommended that pins are used in the making of these shields. Pins will make unwanted holes in the waterproof fabric.**



#### Stage 2

Stitch a narrow double hem on the straight edge of the 2 pocket pieces

Stage 3

- (a) Lay cotton base colour main shield shaped piece **wrong side down** on your work/cutting surface.
- (b) Place the pockets, one at each end, **wrong side down onto right side of shield shape**
- (c) Place waterproof fabric, **soft side down** over the pockets and shield, carefully matching all edges, making sure the pocket is fitted in precisely. **(See note above marked \*\* you will need to 'sandwich' your alternative waterproof fabric between the two pieces of base colour fabric).**

Sewing the shield togetherStage 4

- (a) to (b) Starting to stitch at corner (a) of one of the side flaps, using the sewing machine foot as a guide for 2 mm in from the edge, stitch all around the whole shield to the opposite corner edge (b) of the flap where you started - leaving the remaining straight edge open, **taking care to catch the pocket edges in.**
- (c) Trim off corners and snip into curved edges, taking care **not** to snip into your stitching. **Neatly finished edges are very important!**
- (d) Turn inside-out through the gap that you have left un-sewn.

Stage 5

Push seams around the inside to the very edge, with your finger or the handle of a large spoon, **paying special attention to the corners and curves.**

Stage 6

- (a) Tuck in the edges of fabric at the opening.
- (b) Top stitch with machine to close the opening and carry on stitching around the whole shield using the machine foot as your guide. for 2mm
- (c) Sew on press studs in the centre of the flaps.

## Stage 7

*Both sides of shield with alternative waterproof*



Pattern for Pads

## Stage 8

### Outer:

- (a) Cut micro-fibre cloth or towelling to size 24cm x 23cm.
- (b) Protect raw edges from fraying with stitching, hand sewn blanket stitches are ideal or careful stitching with the sewing machine.
- (c) When finished, fold cloth in three.

### Inner:

- (a) Cut a second rectangle of micro-fibre cloth or towelling to size 20cm x 23cm. (This piece is slightly shorter so that it fits in the pockets).
- (b) Protect raw edges as before.
- (c) When complete, fold into three.