



- » Use only 100% cotton fabric or 100% cotton winceyette
- » Cut two identical hearts from your fabric
- » With the right sides together, sew the two halves together using a 5-6mm seam
- » Leave a 3 5cm opening
- » Clip around the curves
- » Turn right side out and topstitch around outside as close as possible to the edge, closing the gap.

The hearts will be sanitised, ironed and hygienically sealed by Lisa and her helpers but please:

- » Keep your sewing materials and fabric in a clean, dry space
- » Always wash or sanitise your hands before sewing and handling the fabric
- » Place inside a clean paper or plastic bag for posting or drop-off.
- » The hearts must be made without any filling, trim, ribbons or embellishments.