Hand Stitched Letter Patchwork
Embroidered Cushion and Banner

A Slow Stitchery Project by Penny Gunn
For 'Milling About'
https://themille17.org/mill_online/
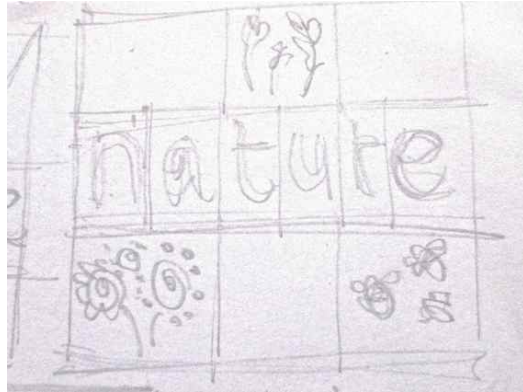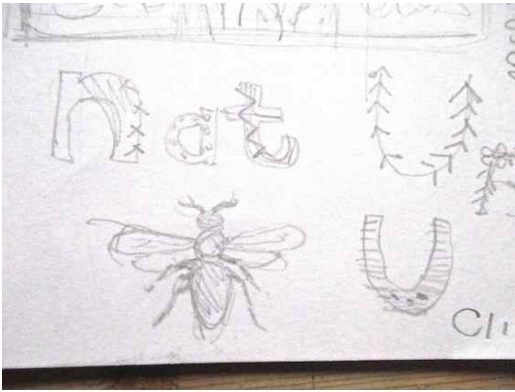
**There's a proven link between sewing and wellbeing.
I decided to use hand stitching to get motivational messages across
..and like me, you may be inspired to be creative by the natural
environment. If you like sewing, drawing, photography and nature then
have a go at this project.**

- take photos and make sketches of the local fauna and flora
- be inspired by the natural environment to think of positive messages
- get creative embroidering the words onto patches of fabric
- make the patches into cushion covers or simple banners

**You can take inspiration from local walks, your garden, the Wetlands,
Epping Forest etc. If you can't get out and about, maybe take inspiration
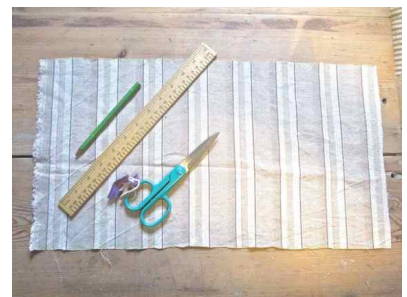from the following photographs.**

I decided to stitch the words Nature and Forest
and sketched out some ideas.

I found an old cushion in need of a new cover…
then measured it and cut out two pieces of velvet for the back and cut out a piece of cotton fabric to 'back' the patchwork that would make up the front.

I drew out letters as embroidery templates to fit the size of my cushion…

…then used avocado skins and stones to dye scraps of linen to create subtle pinks. I cut the linen to the size of the template letters.

I drew the letters onto the fabric patches

…and stitched each one in muted colours of embroidery thread…using basic stitches like running stitch, back stitch, chain stitch and french knots.

I stitched the 'letter patches' together
…then stitched them between two pieces of fabric and 'backed' them with
another piece of fabric for stability.

This was stitched to the two pieces of velvet
to create an 'envelope' back for my
Nature cushion.

For the word Forest I stitched individual letters on patches of fabric.

I attached the patches to a strip of ribbon to create a simple banner.

Here's the
Forest banner
in the allotment.