



## From Cupboards to Creativity Project

2020

I would like to invite you to join me again this year and create your own challenge project and keep working through your stash as well.

The fabric pile doesn't seem to have changed much over past 12 months, so still lots of work to do, and fun to be had as we embark on the 2020 challenge.



I will be offering themes again each month for you to use as inspiration, so I am going to suggest that you may have lots of magazines and books in you stash as well as fabric, so this year I am going to suggest you revisit those magazines and look for different border styles that you find interesting, tag them ready to adapt them to this project throughout the year.

I will be again producing a monthly sheet offering ideas and suggestions with each given theme, you can choose to use that, or come up with your own ideas..... no rules.....

If you would like to play along, or have any questions you are most welcome to interact through my

Website: [www.quilttherapy.com.au](http://www.quilttherapy.com.au) or Facebook page : Quilt Therapy Qld,  
or direct with me through email: [janp@quilttherapy.com.au](mailto:janp@quilttherapy.com.au)

If you are on the email list and wish to be removed please let me know and I will attend to that.

**Remember:** The aim is still to be working your way through your stash:)

### How can this border idea work for you:

1. It means if you already have a quilt or a panel that you wish to enlarge, you will have different ideas to work with across the year to finish those projects.
2. You could add more than one border to grow a quilt if that suits your project.
3. Design borders can be separated by plain fabric borders—sometimes this helps with sizing —more will be explained each month.



## From Cupboards to Creativity Project

2020

### Starting a new project:

1. You could create a centre square or rectangle by using a single fabric that you love, and then add the borders to that for your project.
2. You could use a spare block from your stash and add the borders to that.
3. You can create a centre to start with using your favourite block to a size you desire.

### OR:

1. You may like to use each month's design and make row by row quilt or vertical strip quilts.

No particular skill set required—from Beginner to Advanced Quilters all welcome.

[If you are new to the Quilt Therapy challenge, here are some of the rules:](#)

### My Rules – different to 2019 ( You can vary to suit yourself:)

1. Decide on the size of quilt—I have several sizes I work with depending on different end use. Last year I made mostly smaller quilts of about 18" x 26", however this year I plan to use this project to make more quilts to help with the fire appeal, so I am going to choose quilts from approximately 40" x 60" wide or 50" - 70" long—the sizes may vary slightly with the different styles of bordering.
2. I will use fabrics from my stash or that gifted for the appeal.
3. Choose only 1 or 2 plainer fabrics to bring together each project.
4. The method of construction is not limited to any one style. Inner borders allowed.
5. My quilts will fit within the theme for the month.
6. I will share ideas, and what I have made, and I invite to do the same.
7. As a personal challenge I will endeavour to complete 1 project at least each month. (this got harder as the year progressed, but I almost got there:)
8. Important: To have fun, create interactions with a broader community & motivate myself whilst creating quilts to bring comfort and joy to those suffering great loss.

If you would like to join in and have any questions send me an email.

[I will accept any donations of finished quilts if you have no plan for them and I will forward the to either Fire Appeal for quilts through Queensland Quilters or to Life 2 Project Retreats if I require more than I have already put aside.](#)

Have fun. Jan P