



## From Cupboards to Creativity Project

Since 2019 I have been setting a monthly challenge and posting in the Blog section of my website [www.quilttherapy.com.au](http://www.quilttherapy.com.au).

We have covered various themes over that time:

2019 — Monthly themes

2020 — Border designs

2021 — Row by Row

2022— Blocks that link with secondary patterns

2023— Explore Curved styles.



There are some patterns given, and monthly videos to keep you up to date.

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

### My Challenge Rules ( You can vary these to suit yourself):

1. Decide on the size of quilt—I have several sizes I work with depending on different end use:  
Use this as a guide only—make sizes that suit you and the project at the time.  
For teaching samples — I like smaller quilts — no larger than 18" x 26"  
For gifting quilts for children — 40" x 60"  
For gifting quilts for adults — 50" x 60".
2. I will mostly use scraps from other projects—less than Fat  $\frac{1}{4}$  in size.
3. I will make a quilt that fits within the theme for the month.
6. I will share ideas, and what I have made, and I invite you to do the same.
7. As a personal challenge I will endeavour to complete 1 project at least each month.
8. I intend to have fun, create interactions with a broader community & motivate myself whilst creating quilts.

You may have large pieces of fabric rather than "scraps" & may want to make larger quilts —you can create your own rules:)

If you would like to join in and have any questions, send me an email & I will assist where I can.

If you create an account through the "My Account" tab on my website you can also access my free tutorials.

If you have enough quilts, think of making quilts to gift to those who need support. There are always people who could use a quilt, and many organizations in our communities who can distribute them.