



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.

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 — Exploring Curves

2024 — Scrap Quilts—Small bits into big ideas

Past years can be viewed on the blog page on my website www.quilttherapy.com.au

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



My Rules (You can vary these to suit your stash and your needs):

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 often use smaller scale quilts — no larger than 18" x 26"
For gifting quilts for children — 40" x 60"
For gifting quilts for adults — 50" x 70".
Make your quilt a size to suit your needs: for a bed, table runner, or wall-hanging.
2. I will mostly use "scraps" from other projects, often less than Fat $\frac{1}{4}$ in size, and will add from meterage if needed.
3. I will share through my blog, what I make and other ideas, and I invite you to do the same.
4. As a personal challenge I will endeavour to complete 1 project at least each month that fits the challenge theme.
5. I intend to have fun, create interactions with a broader community & motivate myself whilst creating quilts.

You may only have large pieces of fabric and want to make larger cot or lap quilts etc—you set your rules.

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 as I support various organisations that work to help those in need in our community, by gifting quilts to bring some love to those in need.