



From Cupboards to Creativity Project

"Do what you can with what you have, where you are" Theodore Roosevelt

This quote can apply to how we live life, or in this case how we make quilts 😊

At the start of each year I create a new theme for the year and each month I post on my blog a challenge to use what we have in our cupboards to create new quilt projects, or to add on in some way to pieces we have already started and at the same time meeting the challenge criteria.

The intention is to have fun, to learn new skills, and to make quilts with purpose.

I started the challenge in 2019, and all past issues can be found in the Blog section of my website www.quilttherapy.com.au.

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

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

2025—Looking Back to move forward

This year ahead will be one of many changes for me:

- on a personal level Peter & I will be downsizing from our family farm of 160 acres, which has been our family home for the past 30+ years to a smaller property of about 1 acre allowing more time with family & more time to travel and enjoy the next phase in life for us.
- on a business level, I intend to keep teaching, however there will be changes in my classes/groups as I scale back a little and restructure around our moving - a purpose built space needs to be constructed at our new home, and I don't have a timeframe around that as yet. I have been asked to judge at a regional quilt show and will run workshops in parallel to that. I have also been asked to teach 2 x 2 day workshops on a retreat at Tambourine later in the year, and I look forward to presenting new workshops on these different occasions.
- The theme I have chosen for this year allows us to reflect on what has been, what we have learned and how best to apply that moving forward. This I relate to on many levels so I am starting by taking an early workshop I ran around the year 2000, and giving it new life—using the technique in new designs.

I welcome you to join me on this journey through 2025 as we explore life through our creative ventures.

Have fun quilting in 2025. Jan P.

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 family gift, maybe for a bed, or even a table runner, or a wall-hanging — this is up to you .
2. I will often be using "scraps" from other projects, often less than Fat $\frac{1}{4}$ in size, and will add from meterage if needed, but this may not always be the situation & you may not have many scraps, so buy fabrics—new or repurposed— choose colours you love to play with and join in the fun.
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 you may want to make larger cot or lap quilts etc — you can adjust rules to suit you.

If you would like to join in and have any questions send me an email, as I am happy to mentor along the way to help you achieve your goals.

I will accept any donations of finished quilts you make 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.

My biggest focus when making quilts for others is to make a quilt to a standard I would like to receive & as I make each quilt I think of the quilt as a hug of love that shows people we care — the impact can be life changing for those who receive the quilts.

Have fun playing along with me from "Cupboards to Creativity"