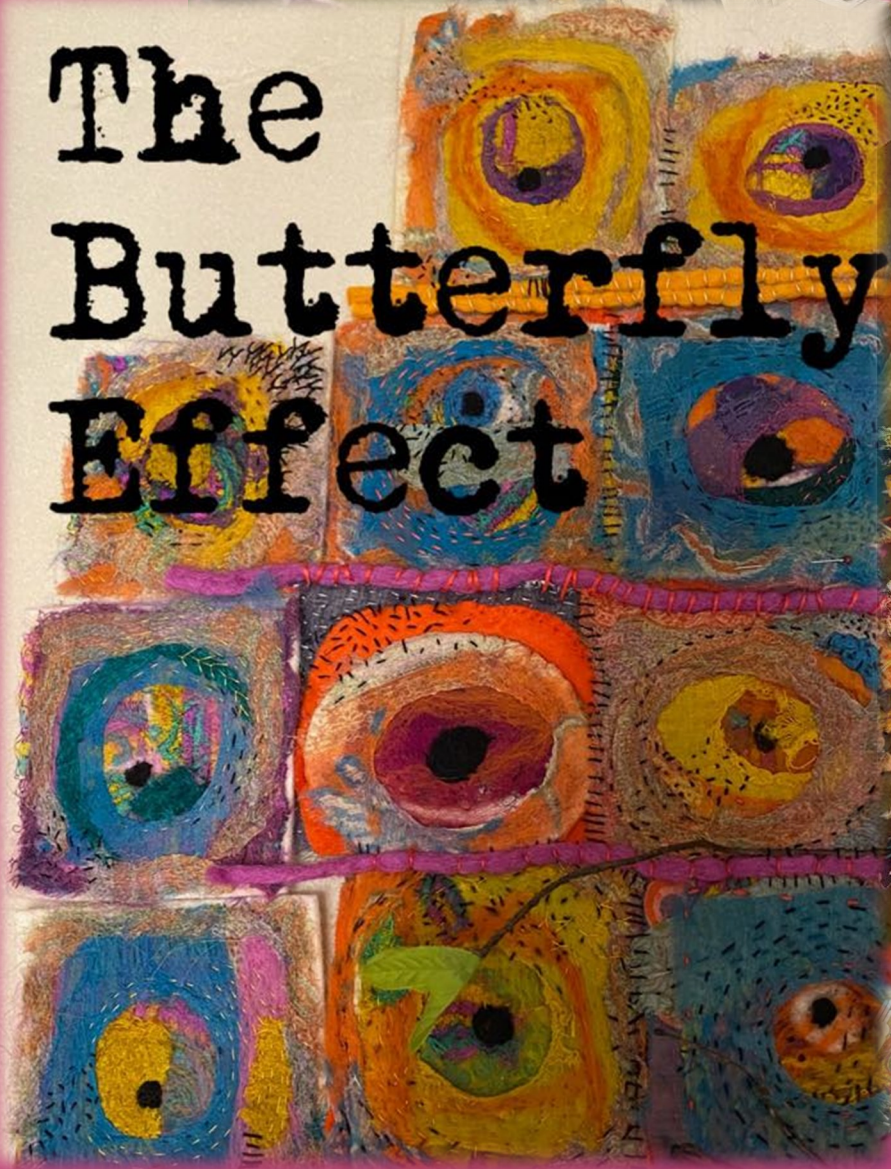# The Butterfly Effect

The Stitchbook

Issue No 15

CLICK HERE for

ONLINE VIDEO

www.thestitchbookcollective.com

UNTANGLED THREADS

Helen Birmingham supports:

mind
for better mental health

Thank you for offering to help make folded fabric butterflies for Untangled Threads'

The Butterfly Effect Project.
Full details of the project can be found on
www.untangledthreads.co.uk

If you would like to keep up to date with our progress, please subscribe to our project BLOG on
www.thebutterflyeffectproject.info

INSTRUCTIONS

1. The butterflies should be made from scrap fabric.

2. They can be any size, any colour and any proportion.

3. The instructions which follow were made with quilting weight polycotton using a rectangular template with a STITCHING LINE measuring 2.5" x 3.5" (*you can make them any proportion, to fit any size of scrap fabric, the only essential is that your stitched corners are right angles*)

4. When you have made a few butterflies, pop them into an envelope and post to:

   The Butterfly Effect Project
   Untangled Threads
   5 Belle Vue Parade
   Scarborough
   North Yorkshire
   YO11 1SU

5. Your butterflies should be sent **BEFORE 15th May 2025**

6. Your butterflies will be added to the netted plume which will rise from the final installation of our project at Knitting & Stitching Show in Harrogate 2025

7. At the end of the project, all elements of the installation will be made available to Local MIND around the country for sale in their shops.

THANK YOU

INSTRUCTIONS
MAKING A FABRIC BUTTERFLY

A. Place 2 pieces of fabric, one on top of another, right sides facing each other.

B. Pin the fabric and draw a rectangle (3.5" x 2.5").

C. Back stitch around the rectangle (leaving a small gap on one long edge). Trim and clip the corners.

D. Turn your work right side out and press flat. (Make sure that the corners are 90° angles)

E. Fold the piece in half and press. (The main colour for your butterfly should be on the outside).

F. The folding and pinning of the fabric is easier to follow on the video www.untangledthreads.co.uk

G. The folding and stitching of the butterfly wings is also easier to follow on the video www.untangledthreads.co.uk

H. This is the basic form of the folded butterfly.