

From the Heart

Wanting to share your love of sewing and quilting with others?

There are so many ways to help!

But... before you start, here are a few things to think about.

This is just the start but hopefully it will help you decide where you can do the most good!

What do you hope to get out of this?

- To help others
- To fill your heart
- To fill a void in your life or heart
- To see the joy on someone's face
- To get a sense of pride
- To make new friends
- To spend time with others
- To share your skills
- To show your appreciation
- Just to feel good!

Deciding on how to help:

- How much time do you have?
- This could quickly turn into a full-time job if you let it so set some rules on your time before you start.
- Do you want to work by yourself at home or work with others in a group setting?
- Do you want to make lots of the same thing?
- Do you want to make lots of different things?
- Do you want to create something and stick it in the mail?
- Or do you want to deliver it to see the joy on someone's face?
- If you like the idea of working with others, check out this great resource! [Sewing-for-charity-planner.pdf \(elizabethmadethis.com\)](https://www.elizabethmadethis.com/2017/04/20/sewing-for-charity-planner.pdf)

What skills do you want to put to use?

- Do you like to quilt more or sew more?
- Do you have lots of fabric or scraps or yarn?
- Do you have materials needed or do you need to buy?
- Or do you have materials you no longer need and want to donate?

Who would you like to help?

Pets	Your Church	The Elderly
Children	Police Officers	Women's Shelter
Nursing Homes	Teachers	The Homeless
Health Care Workers, Nurses, Doctors	Hospitals – Premies, babies, Children, those undergoing Chemo, Breast Cancer, Dialysis, etc	

Local Charity, National Charity or More Casual?

Thinking about a particular charity? There are lots of ways to check them out online.

Here are 2 resources:

[Before Giving to a Charity | FTC Consumer Information](#)

[Charity Navigator - Your Guide To Intelligent Giving | Home](#)

(Not all charities are rated but Linus Project received a score of 97 out of 100.)

- Do you know of anyone involved with the charity? Spend time with them to see if it's a good fit for you.
- Check around for groups that are local. They always need help.
- No one said you have to sew for a 'charity'. You can sew for fun! Be a Fairy Godmother and bless unsuspecting other. I know these folks would appreciate it!
 - the little ones in your life
 - neighbors
 - employees at the places where you shop, work, play
 - mailman, newspaper boy, anyone that helps out

What to ask when Deciding on a Charity:

- Do they want handmade items?
 - (Some charities aren't set up to receive items and money would go much further.)
- What do they do with the items you make?
- Do they go to those in need or are they going to be sold?
- If sold, does the money go to those in need or to pay overhead?
- If they do accept and want handmade items, what's most needed?
 - Some items are fun to make but not as needed.
- What are the rules, guidelines and recommendations on those items?

What about Combining Your Loves?

1. Cooking/Baking
 - If you like to cook or bake, consider including baked or cooked goodies.
 - (Be sure this is allowed.)
 - Specialize on kitchen items – aprons, potholders, bowl cozies, placemats, etc.
 - You could also teach others to cook or bake!
2. Reading
 - Love to read? Stitch up book bags, bookmarks and your used books.
 - Or make these items to donate then go read to kids and adults at the hospital, nursing home, local library, woman's shelter (if allowed), local school.
3. Singing/Dancing
 - Lisa has a great story here. If donating items to a nursing home, they might like to be entertained!
4. Handwork – Crochet, Knitting, Needle Work, etc.
 - So many gifts are better when knitted, crocheted, etc. If you have them, put those skills to good use!
5. Teaching
 - Pass on your skills and talents! We need young blood learning and enjoying the art and joy of creating!

Martelli Templates are 'made' for this!

Bags	Kids & the Elderly
<p>Task It Baskets</p> <p>Knot Bag</p> <p>Lella Pouch</p> <p>Chalupa Bag</p> <p>Grab N Go Grommet Bag</p> <p>Mesh Tote Bag</p> <p>Zipper Bags</p> <p>Hearts & Lip Templates – Zipper Bags</p> <p>Curvy Bags</p> <p>Drawstring Bag</p> <p>Snap Bags</p> <p>Fat Quarter & Rectangles</p>	<p>Elephant Template Set</p> <p>Teddy Bear Templates</p> <p>Frog Templates</p> <p>Stocking Templates</p> <p>Bean Bag</p> <p>Hat Templates</p> <p>Orange Peel</p> <p>Cover Up Template Set</p> <p>Bone Pillow Templates</p> <p>Child & Adult Apron</p> <p>Oven Mitt Child</p> <p>Fidget Blankets</p> <p>Taggie Toys</p>
Health Care	Quilts of Valor
<p>3D Face Masks</p> <p>Fitted Face Masks</p> <p>Child & Adult Face Masks</p> <p>Head Wrap</p> <p>Post Surgery Comfort Pillow</p>	<p>With Honors Kit (Quilts of Valor)</p> <p>Any of our Templates and Free Motion Quilting Tools</p>
Pets	Others
<p>Check out all of our Pet/Animal Templates</p> <p>Over Collar Pet Bandana</p> <p>Cat Neck Pillow Template (for the pet lover, not the pets!)</p>	<p>Heart Templates</p> <p>Oven Mitt</p> <p>Rebecca Bag & NCW – Make & Sell these to raise money</p> <p>Rectangles, Squares, Triangles, Circles, etc.</p> <p>Gregg & Margo's Walker Bag and Drink Caddy</p>

[15 Charities to Sew For - Simple Simon and Company](#)

1. [Little Dresses for Africa](#)

Little Dresses for Africa distributes dresses made of pillowcases throughout many parts of Africa, to plant in the hearts of little girls that they're worthy. "We're not just sending dresses, we're sending hope."

2. [Project Linus](#)

Provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

3. [One Million Pillowcase Challenge](#)

American Patchwork & Quilting challenges quilters, sewers & crafters to help reach our goal of donating one million pillowcases to local charities. Many charities can benefit from the donation of a pillowcase and the challenge gives you the opportunity to donate and make a difference in your community.

4. [Days for Girls](#)

Days for Girls increases access to menstrual care and education by developing global partnerships, cultivating social enterprises, mobilizing volunteers, and innovating sustainable solutions that shatter stigmas and limitations for women and girls. Together, we're creating a world with dignity, health, and opportunity for all.

5. [Angel Gowns](#)

The Angel Gown Program provides comfort for bereaved families through the gift of a beautiful custom made gown for final photos and for burial services. We provide support resources and mentoring programs for bereaved families as well.

6. [Sharing the Weight](#)

Sharing The Weight is a non profit organization that makes and distributes weighted blankets to special needs children at no cost

7. [The Sacred Sewing Room](#)

You can donate all sorts of fabrics, materials and other sewing supplies to help build the sacred sewing room!

8. [Soldier's Angels](#)

A blanket may seem like a simple gift— but think how much warmth and comfort your favorite blanket provides for you when you are cold or lonely. Let's share that cozy feeling with veterans and deployed service members! They even accept no sew flannel blankets which are simple to make!

9. [Dolls of Hope](#)

Dolls of Hope is always looking for individuals & groups to sew dolls & bears as well as donate new Matchbox cars as efforts are ongoing and we continually send Dolls of Hope shipments around the world.

10. [Bundles of Love](#)

Bundles of love is a non-profit that partners with community organizations to assist Minnesota families in need by providing handmade items for newborns.

11. [The Purse Project](#)

The Purse Project is a project to sew purses for menstrual supplies for girls all over the world to stay in school all month long.

12. [Operation Smile](#)

Sew up a quick sew hospital gown to be used in free surgeries all over the world to help children.

13. [Quilts of Valor](#)

The goal of Quilts of Valor is to to cover all those service members and veterans wounded physically or psychologically with comforting and healing Quilts of Valor

14. [Ryan's Case for Smiles](#)

A hospital experience can be terrifying and traumatic for both a child and their family. While others strive to find a cure, Ryan's Case for Smiles helps with the stress and emotional impact of illness in the here and now. Our whimsical pillowcases give children an emotional boost, while resources and tools help families better understand and cope with the experience.

15. [Warm up America](#)

Dedicated to making knitted blankets and items for the homeless, this is a great charity to donate your handmade items to.