

Instructions for making a Small Rectangular Sensory Cushion

1. Cut 2 pieces of material - 14" X 10" or 35.5cm X 25.5 cm (max 0.5"/ 1.5cm seam allowance included). Cotton or linen type fabrics are best - nothing too flimsy.
2. Decorate one side with a variety of smooth fabrics (for example, satin, silk, ribbons) and rough fabrics (for example, felt, hessian, velvet, corduroy).
3. Fabric motifs can also be added. Make sure these are soft to touch - no hard or scratchy surfaces please.
4. Place front and back together. Stitch around all sides leaving a 5"/12cm opening on one of the shorter sides for stuffing.
5. Trim seams if necessary, clip corners, press if required.
6. You can either post the cushion cover to the below address or drop it at the Hospice reception.

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St Gemma's Hospice
329 Harrogate Road
Leeds
LS17 6QD
7. Cushions will be stuffed as needed by St. Gemma's Hospice staff. An aromatherapy scent may also be added by the complementary therapy team according to the patients' preferences.

Thank you! Your cushion will offer comfort and a sensory experience for our patients.