

# HOW TO MAKE A HEART PILLOW

## Materials

Two 40cm squares of pretty, washable fabric, matching thread and polyester stuffing. [You could use new quilt covers and stuffing from new cushions].

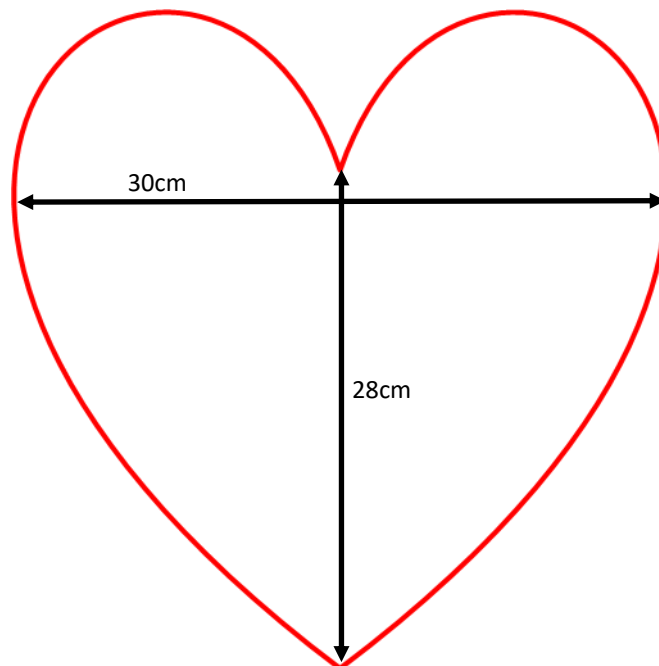
## Method

Using the template, cut out two heart shapes. You may find it easier to fold the template in half and cut the fabric on the fold.

With right sides together, pin and stitch around the outer edge. Leave a 1cm seam allowance and a 10cm gap for turning through.

Snip to the point of stitching at the top of the heart.

Turn right side out and press. Fill with stuffing and hand stitch the opening closed.



## Heart Pillows - please read this first

A heart pillow, sometimes called a mastectomy or comfort pillow, can help bring relief during breast cancer treatment. Heart pillows can be used to protect incisions and reduce the strain on surgical areas and many women find that pillows help to make them more comfortable.

## Where Can I Donate My Pillow

**Before you start**, please contact your local breast clinic at your local hospital to find out what their current needs are and what size pillows they need. See the link on JustServe to locate your local clinic.

If you have a friend or family member who has been affected by breast cancer, they may have been offered a heart pillow or advised about using one as part of their recovery. If so, you could ask about donating to their clinic.