

## FIDGET BLANKET PATTERN DIRECTIONS

Plastic bags with fabric already cut out for the fidget blankets can be picked up in the Volunteer Office at CAMC General Hospital. Or, if you will call the Volunteer Office at (304) 388-7426 someone will make sure you get a packet of material. This fabric is navy blue in color and is recycled from outdated jackets and vests worn by auxiliary members. We are all about recycling and reusing whenever possible!

The following directions are for a large jacket.. The men's jackets are the best large size to use. If using a woman's large, it will probably be necessary to piece two backs together in order to get the necessary finished size for the blanket. In that case, it might be a good idea to piece it so that it resembles patchwork.

Jackets and vests have been washed. They have not been ironed. If they are wrinkled, it is best to press the wrinkles out. 1/4" seam allowance is used.

If starting from scratch and cutting out the pieces yourself, spread the jacket out and cut close to side seams, around sleeve seams and across the back top seam. Out of this flat piece of material, cut a rectangle approximately 26" wide x 18 1/2" tall. This will be the top piece of the fidget blanket. When cutting this piece out, I used the manufactured bottom hem as the bottom of the blanket. I used a brighter color to stitch 1/4" around the entire piece of fabric just to make sure it did not ravel.. Cut another piece of fabric for the backing. The backing fabric can be of your choice; just make sure it can be washed. Do the same for the batting. I have found it is better to cut the batting and the backing several inches larger than the blanket top. Those two pieces of fabric can always be trimmed to size after the blanket top is done. Set these pieces aside.

Open up one sleeve of the jacket. Cut as many 2 1/2" strips lengthwise as you can., starting in the middle and working out to the edges. These will be the binding around the blanket. Of course, if you wish, you can use another fabric for the binding.

Pockets from the original vest/jacket can be cut out and sewn on the blanket. I have cut 1 1/4" outside the pocket edges in order to have plenty of fabric to tuck under when sewing pockets onto the quilt.

The buttons and buttonholes can be cut from the jacket and sewn onto the blanket leaving one (1) edge open so the patient has something to grab on to when buttoning the buttons. The blue buttons can be removed and replaced with colorful buttons if you wish.

I had some fabric yoyos that I used as decorations.

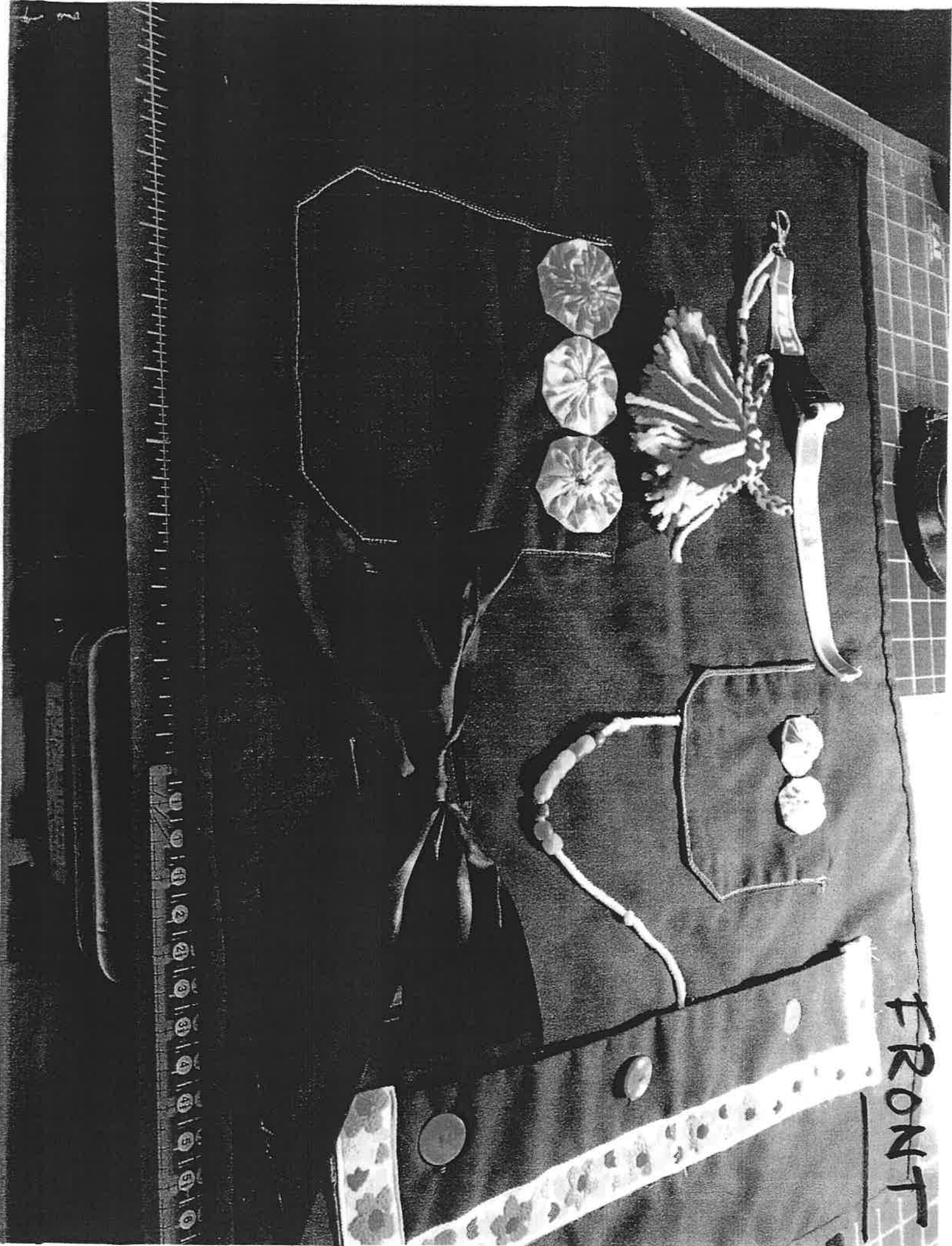
The CAMC logo can be cut out and sewn on the back of the blanket. When using the logo, do not use a logo with a hospital designation. Fold over fabric around the logo to make a 4 3/8" x 2 1/8" rectangle.

This is what it will look like:

VOLUNTEER SERVICES  
CHARLESTON AREA  
MEDICAL CENTER

The logo will be to the left of Charleston Area Medical Center.

FRONT







VOLUNTEER SERVICES  
Charleston Area  
Medical Center

BACK