



**Forget Me  
Not Crafts  
Make it.  
Make a  
difference.**



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia

# Welcome!

# Are you ready to get crafting?

## Your Forget Me Not Guides:

- Embroidery hanging heart
- Card making
- Rock painting
- Crepe paper flowers
- Macrame plant hanger

All the materials shown in this pack are available at high street stores, like Hobbycraft or Wilko, or can be found online or around your home.

In this pack you'll find five templates for different crafts, and all the instructions and templates you will need to create unforgettable masterpieces to show off with pride or gift to a loved one.

You might want to focus on one Forget Me Not craft, or work your way through them all. Whatever you do, we hope you enjoy making time for yourself, with the knowledge that each Forget Me Not craft you make will help raise money and awareness for people living with dementia.

Join our [community](#) of craft-minded people to share your creations, and make sure to tag us on socials **#ForgetMeNotCrafts**

Happy crafting!

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### Forget Me Not top tip:

Why not collect donations for your creations from friends and family? Every pound you raise gives help and hope to people living with dementia.



# Our Forget Me Not crafters



## Hannah Burbury Designs

Designing and making is my happy place. Whilst studying Fashion & Textiles Design at University I fell in love with screen printing and hand embroidery. After graduating with a First Class honours degree, I launched Hannah Burbury Designs. I design and make hand embroidery kits to share my passion for design and embroidery. My first range of embroidery designs was the Forget-me-not Collection which was inspired by my granny, whom I sadly lost to dementia in 2017. The Alzheimer's Society's Forget Me Not Crafts Challenge is very close to my heart. It brings together my love of crafting, whilst raising awareness for such an important cause. My granny loved receiving my handmade gifts and cards, so I hope you can enjoy the Forget Me Not crafts with your loved ones and help raise money to support people affected by dementia.



## Creative Carer – Heather O'Neil

My mum had been artistic all her life, so after her dementia diagnosis we embarked on a creative journey. While arts and crafts could not cure my mum's dementia, they gave her a way to express herself and a sense of personal accomplishment. We decided to sell her crafts on Etsy, donating a percentage of our sales to Alzheimer's Society. In honour of her memory, I decided to keep our shop going and I now sell forget-me-not suncatchers and Alzheimer's Art as well as other crafts. To date, our total donation to Alzheimer's Society is just over £2,000 and mum's crafts have brought happiness to people around the world.

## Forget Me Not Crafts

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Forget me not crafts

# Embroider your own Forget Me Not decoration

Created in collaboration with Hannah Burbury Designs, this Forget Me Not heart decoration is perfect for your home or to give as a gift.

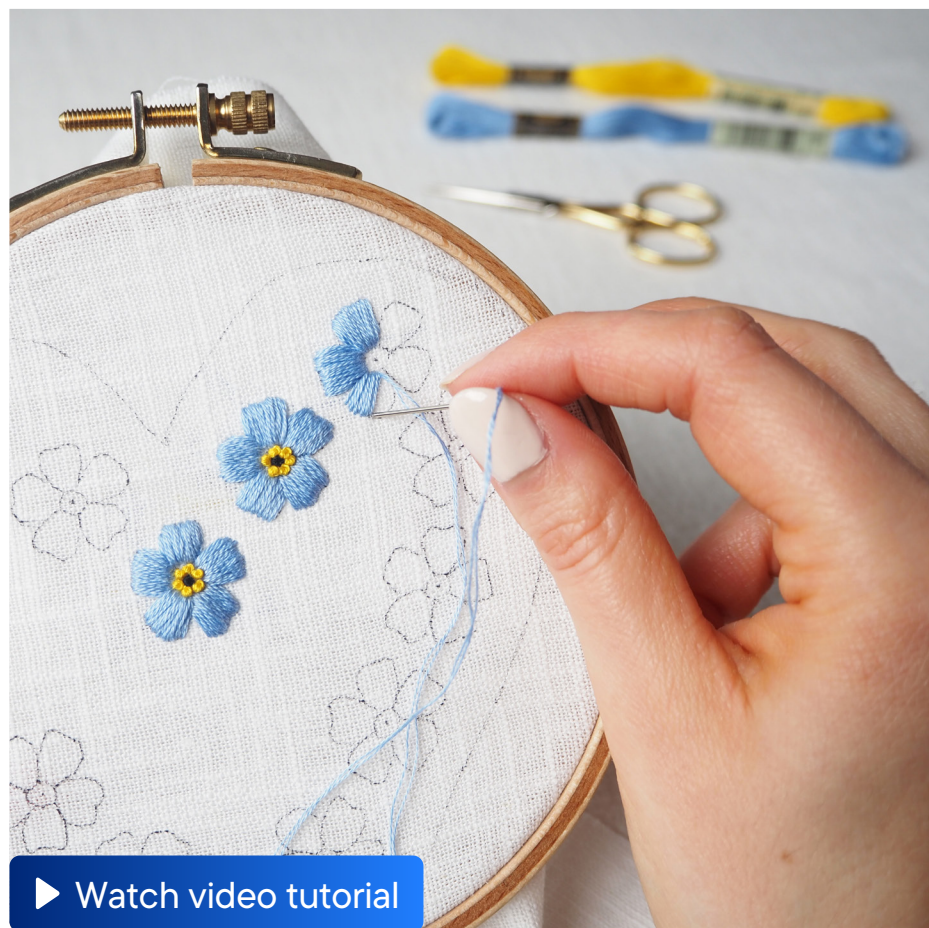
## What you'll need:

- Fabric
- Stranded cotton embroidery thread
- Embroidery needle
- Ribbon or string
- Scissors
- Polyester toy/cushion filling – or you can use the filling from an old/inexpensive cushion
- Embroidery template and alphabet template (printed from crafts pack on A4 paper)
- Fine-tip pen/pencil/heat erasable pen
- Clear tape

## Optional materials:

- Embroidery hoop
- Dried lavender
- Lightbox
- Button/bead embellishments

Follow our video tutorial to learn the basic stitches for the design. You can pause the video at any point and stitch along with us.



▶ Watch video tutorial

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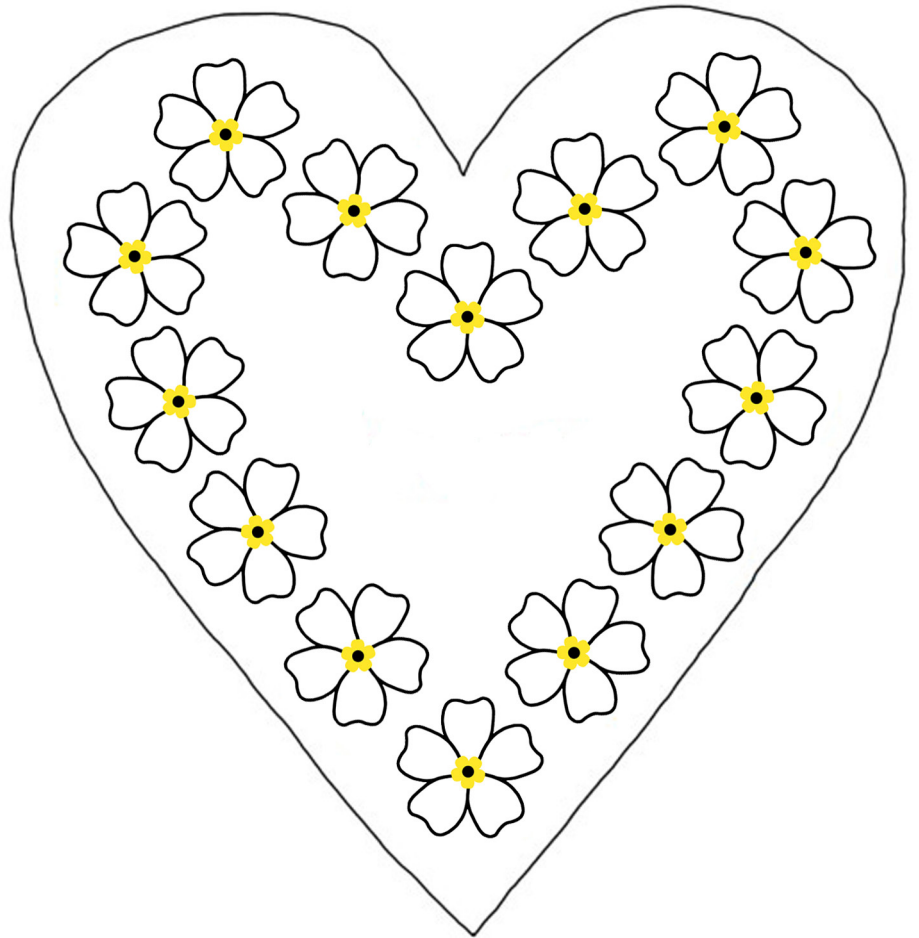
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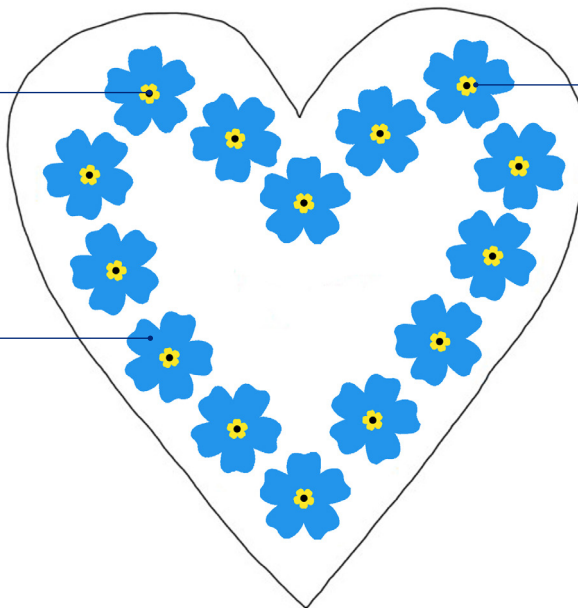


**Forget-me-not centre:**

- French knot
- Four strands of thread
- DMC 310

**Forget-me-not flowers:**

- Satin stitch
- Two strands of thread
- DMC 809



**Forget-me-not centre:**

- French knot
- Four strands of thread
- DMC 444

Forget Me Not Crafts  
**Heart embroidery template printout**

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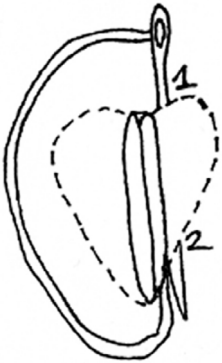


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## Satin stitch:

- Put the needle in the fabric at point 1 and out at point 2
- Repeat this process making sure the next stitch starts next to point 1 (the start of your last stitch)



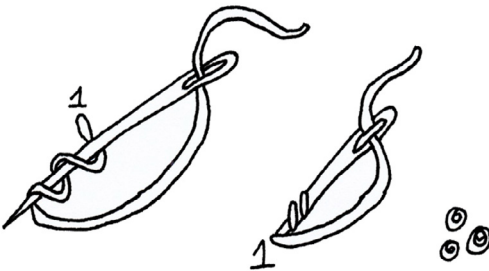
### Top tip

- Keep your stitches close together to ensure there are no gaps and to fill the area.
- Make sure the thread lays flat, without twisting to produce a smooth look



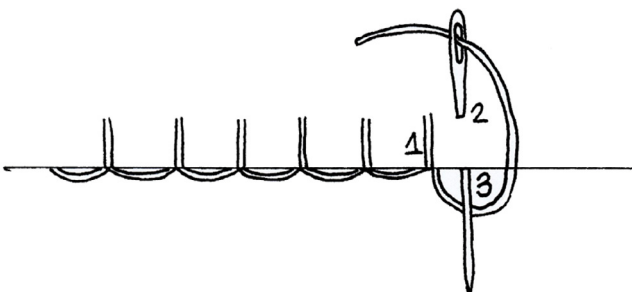
## French knot:

- Bring needle up at 1
- Hold thread taut and wrap around needle twice
- Continue holding the thread taut and insert needle next to point 1
- Pull needle through whilst keeping hold of the thread until a knot is formed



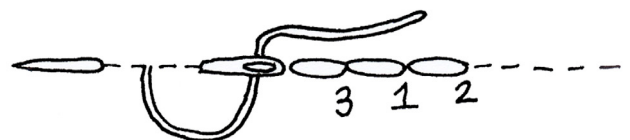
## Blanket stitch:

- Work from left to right
- Bring the needle up at 1, back down at 2 and up at 3. Keep the thread looped under the needle.
- Pull the needle and thread through



## Back stitch:

- Bring needle up at 1 and back down at 2
- Move left and bring needle up at 3 and back now
- Continue this until the back stitch is complete





Aa Bb Cc Dd Ee  
Ff Gg Hh Ii Jj  
Kk Ll Mm Nn Oo  
Pp Qq Rr Ss Tt  
Uu Vv Ww Xx  
Yy Zz

Mum Dad Grandad Grandma

Granny Gran Nanny Nan Nana



# Forget Me Not Crafts

## Make your own Forget Me Not cards

Your quick guide to create Forget Me Not cards. Print out the template below and cut out each forget-me-not to create your own unique card design. These designs are only a guide, so cut, colour and stick in whatever way you want.

### What you'll need:

- A4 Card
- Colouring pencils/pens/paint
- Scissors
- Glue
- Forget Me Not flowers printout template

### Optional materials:

- Coloured paper/card for stems
- Ribbon/string for bow

### Instructions

1. Choose a design from the page of Forget Me Not card designs.
2. Print the flower template onto A4 plain white paper.
3. Colour the petals of the flowers using colouring pencils, felt-tip pens or paint, then cut the flowers out using scissors.
4. You'll need a piece of A5 card, folded in half, for the forget-me-not field design, or a piece of A4 card, folded in half, for the forget-me-not bouquet design.
5. Arrange the forget-me-not flowers on the front of the card using the coloured template as a guide.
6. Once you're happy with your design, stick the flowers to the front of the card. To add dimension to the flowers, only apply glue to the middle back of the flowers. Once dry, lift the petals from the card to give the flower shape.
7. To form the stems of the flowers, cut thin strips of green card/paper and stick them to the card using glue. Or draw the stems on the card, with a green pen/pencil. Use the coloured template as a guide.

**Top Tip:** If you don't have green card/paper, colour some white paper using a green pen or pencil. Optional – tie a piece of ribbon/string into a bow and glue onto the stems.



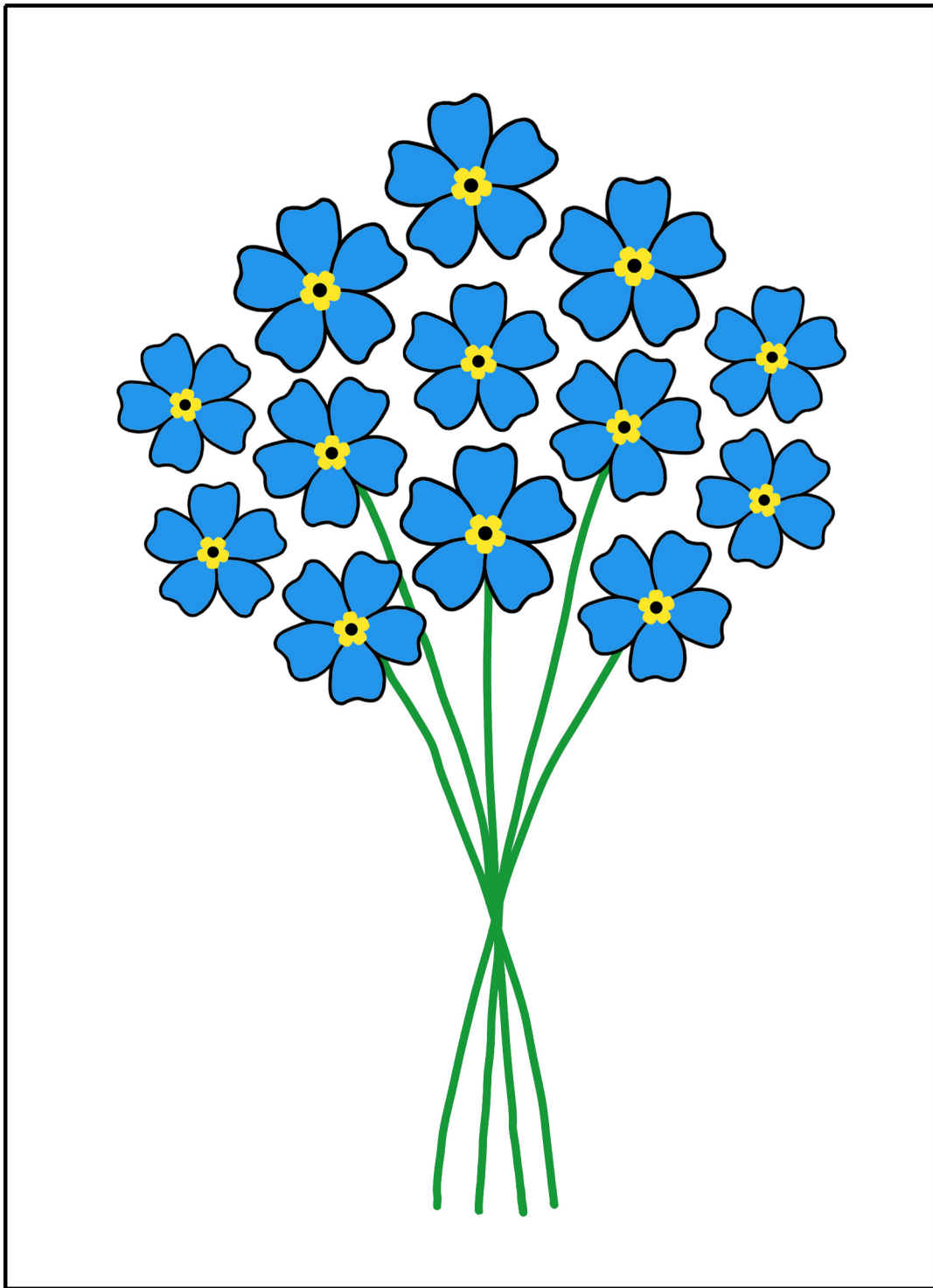
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[hannahburburydesigns.co.uk](http://hannahburburydesigns.co.uk)

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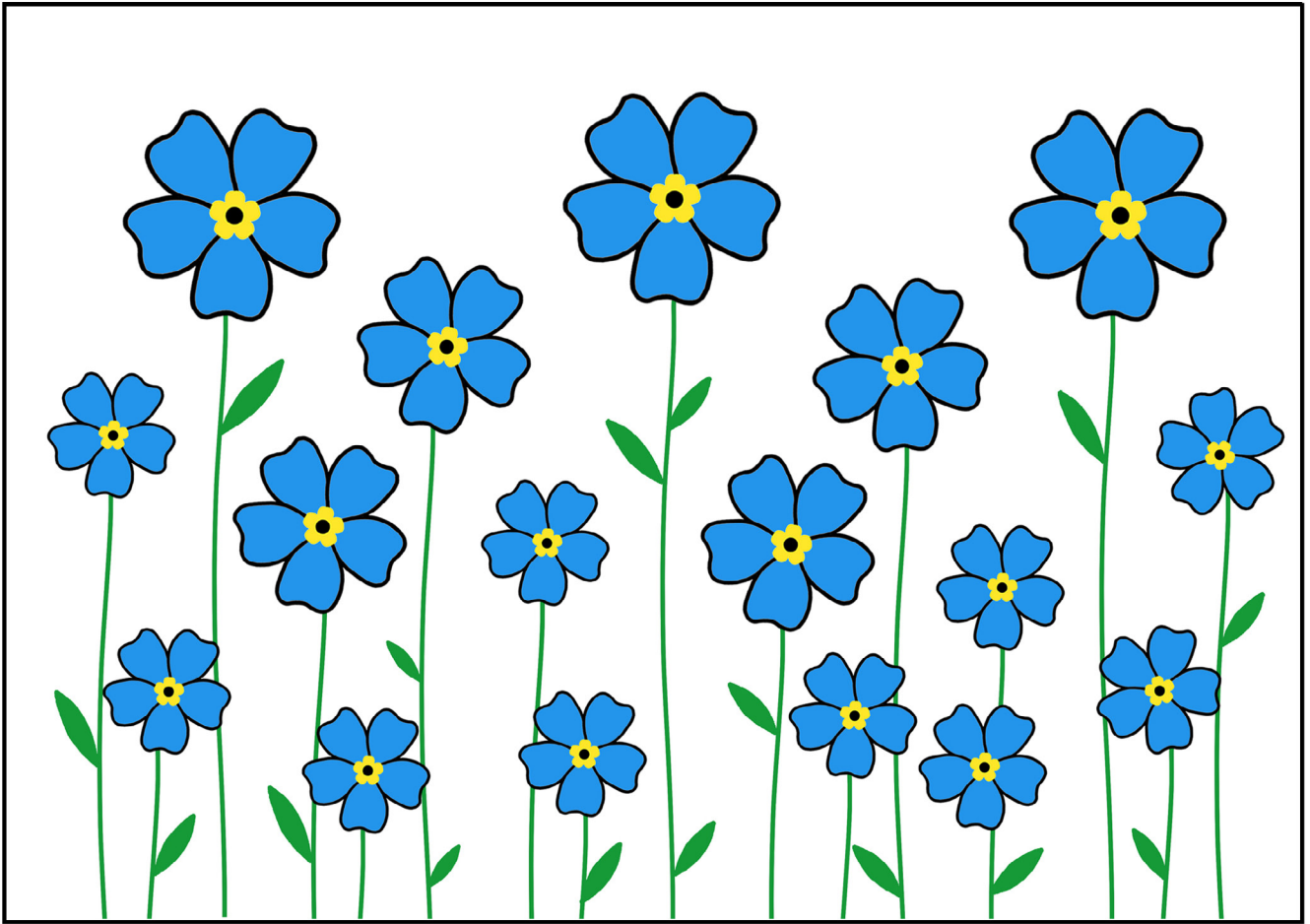
Forget Me Not Crafts  
**Forget Me Not cards – Card design one**

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Forget Me Not Crafts  
**Forget Me Not cards – Card design two**

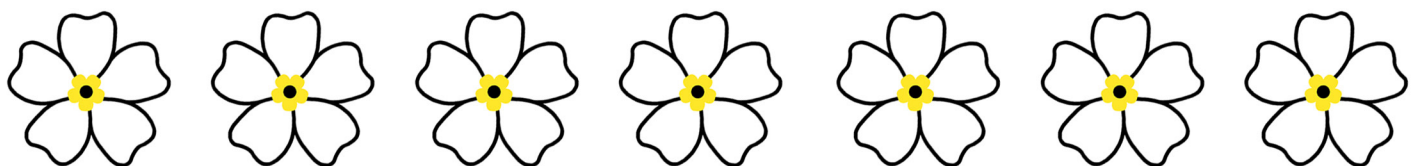
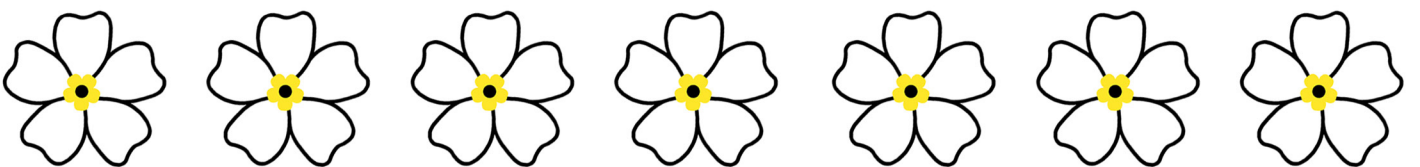
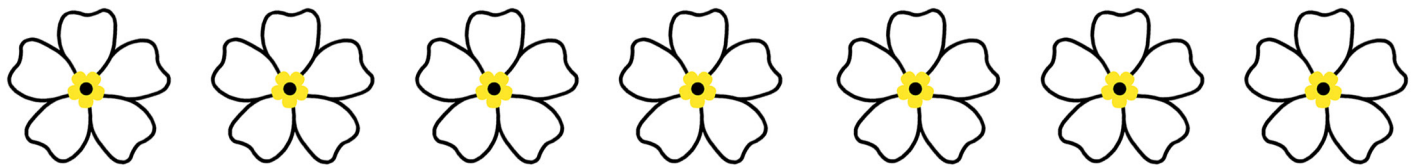
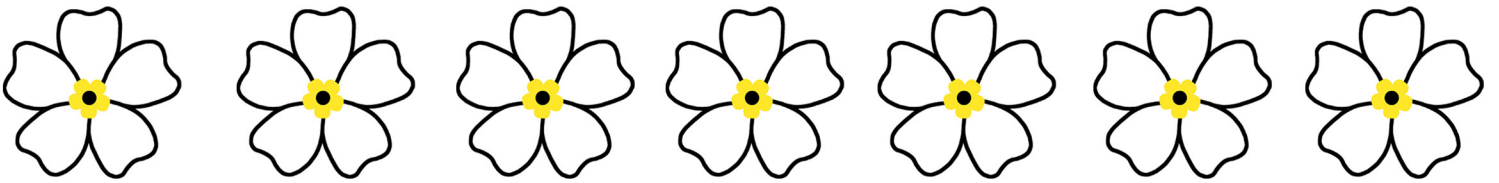
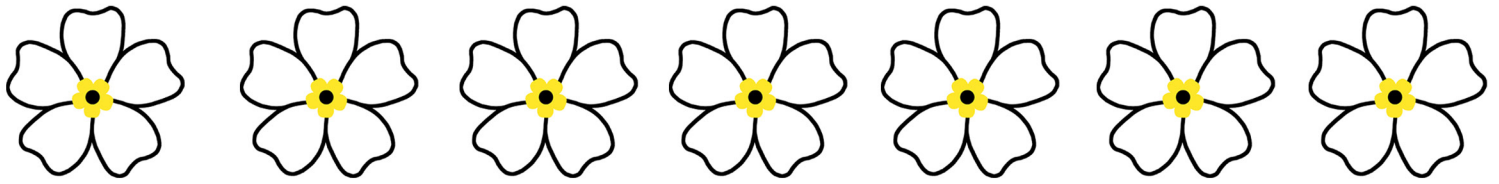
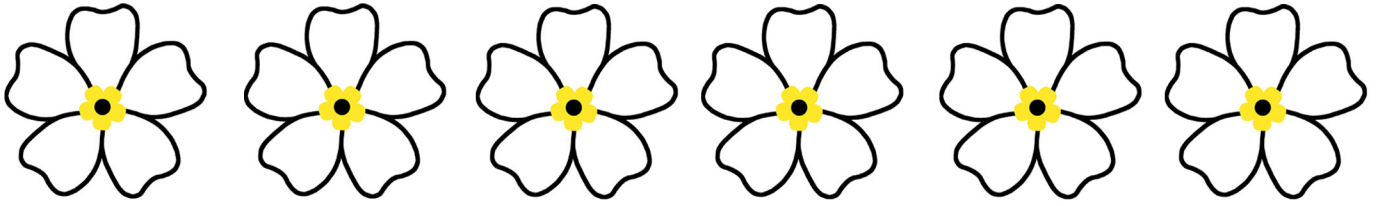
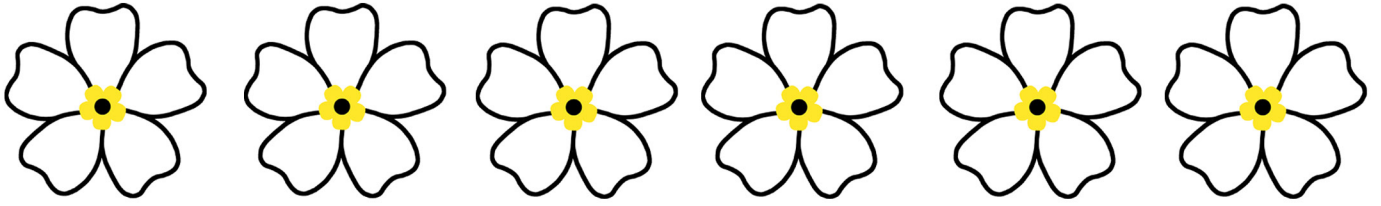
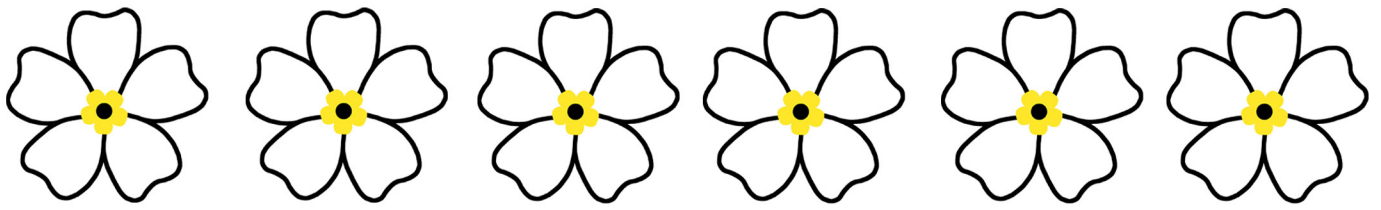
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## Forget Me Not Crafts

# Paint your own Forget Me Not rocks

Your quick guide to Forget Me Not rock painting. Using the templates below as a guide, paint your own Forget Me Not rocks. Choose to pop them outside, proudly display them inside your house or gift them to a loved one.

### What you'll need:

- Pebbles
- Acrylic paint – suggested colours blue, yellow, green
- Small paintbrush

### Optional materials:

- Clear varnish/PVA glue

### Instructions:

1. Choose a design from the page of Forget Me Not pebble designs. Use the design to refer to whilst painting your pebble.
2. If your chosen design has stems, start by using the paint and paintbrush to paint stems onto the pebble. Leave to dry. If your chosen design does not have stems, go to step 3.
3. Paint the flowers of your chosen design onto the pebble. Refer to the pebble designs to help with the shape of the petals. Once all the flowers are complete, leave to dry.
4. Paint a small dot in the centre of the flowers and leave to dry.
5. To seal and protect the design, paint a layer of clear varnish or PVA glue over the whole pebble. Leave to dry.
6. Your pebble is now complete.



**Top Tip:** You don't need to use rocks for this, as the design works well for cards, paper and canvas too.

@HannahBurburyDesigns  
[hannahburburydesigns.co.uk](http://hannahburburydesigns.co.uk)

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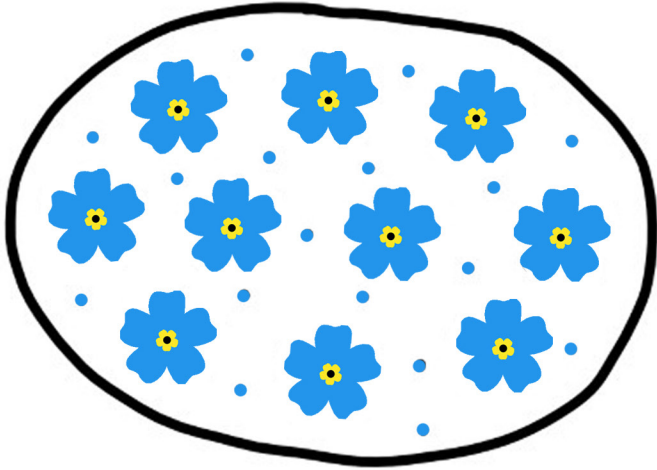


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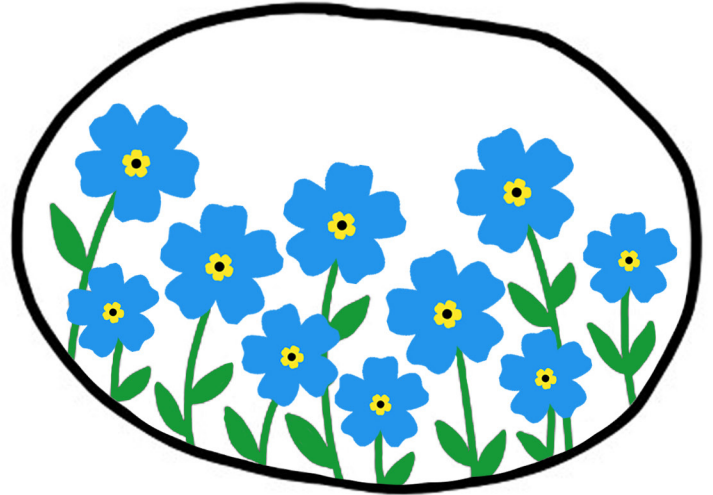
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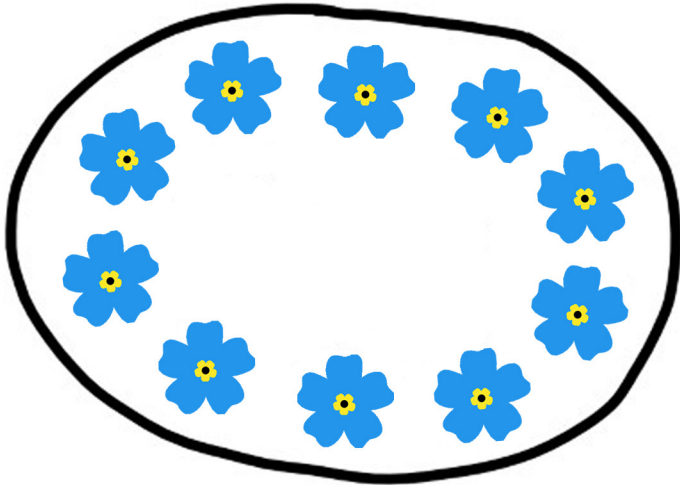
**Design 1**



**Design 2**



**Design 3**



**Design 3 personalised**



Forget Me Not Crafts  
**Rock painting designs**

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# Forget Me Not Crafts

## Create Forget Me Not crepe paper flowers

Your guide to make your own Forget Me Not crepe paper flowers. Created in collaboration with CreativeCarer, this craft is the perfect decoration for your home or to give as a gift.



### What you'll need:

- Crepe paper streamers or sheets (blue, yellow, brown, green)
- Wooden sticks (kebab skewers or reed diffuser sticks)
- Scissors
- Glue
- Pen
- Card

Heather O'Neil  
[creative-carer.com](http://creative-carer.com)

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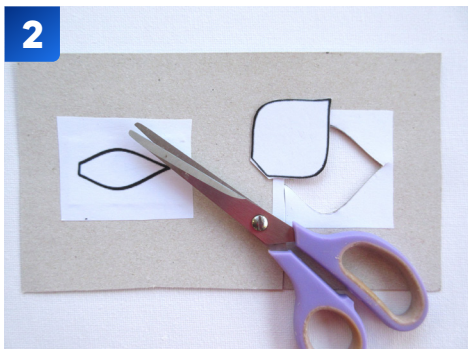
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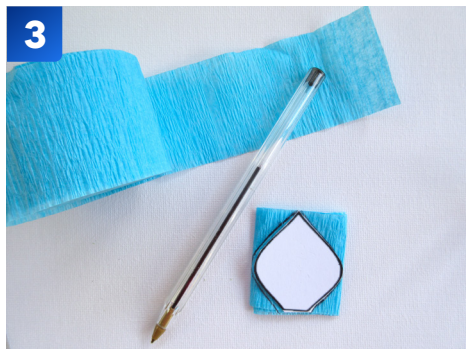


## Instructions

**1** Print off the Petal and Leaf templates



Glue the paper onto card and cut out to create cardboard templates



Place the card templates on top of the crepe paper, draw around with a biro



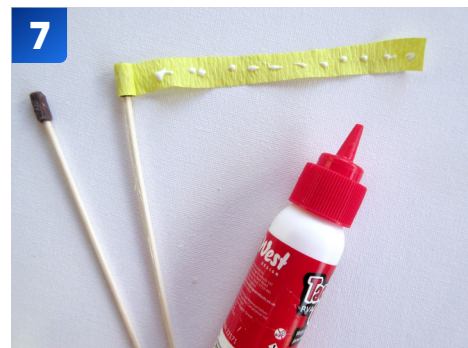
Cut out the crepe paper petals and leaves. You need five petals and two leaves per flower



Cut the yellow and brown crepe paper into strips 1 cm wide and 20 cm long. Cut the green crepe into strips 1 cm wide and 40 cm long



Put a small amount of glue on the brown crepe and wrap around the top of the wooden stick



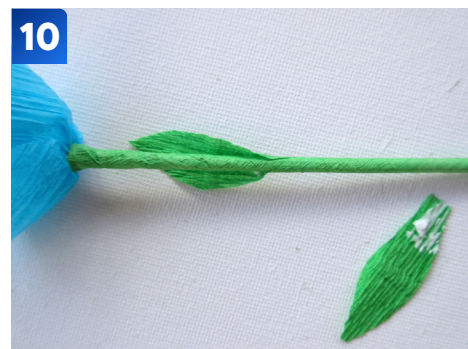
Repeat for the yellow, carefully wrapping around the brown crepe, creating the centre of the flower



Put glue on the petals and attach to the yellow centre, overlapping each of the 5 petals



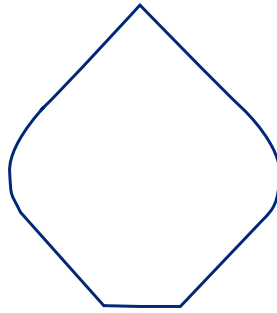
Glue the end of the green crepe strip and wrap around the top, securing the blue petals to the stick. Wind the green crepe down around the wood to cover it



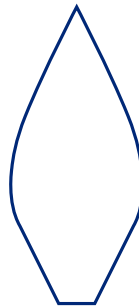
Glue leaves to the green stem to complete your flower

**Top Tip:** When cutting out the petals and leaves fold the crepe paper over a few times so you cut out several at once.





**Petal template**



**Leaf template**

Forget Me Not Crafts  
**Forget Me Not petal printout**

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Forget Me Not Crafts

# Make your own macrame plant hanger

This craft is easy to learn and a lovely gift for a loved one. This hanger design is a guideline – you can always mix up your cord colours, beads and use different pots to create a hanger that's unique to you.

## What you'll need:

- Wooden ring
- 5mm x 100m braided macrame rope
- Beads (optional)
- 'S' hook (for when you come to hang your plant hanger)
- Scissors
- Measuring tape
- Plant and pot!

Follow our video tutorial for instructions. You can pause the video at any point and craft along with us.



Please note: our macrame video craft tutorial is still in progress. Once ready we will send out the video as soon as we can. Thanks for signing up, and for your patience!



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# Forget Me Not Crafts

## Your guide to fundraising

### Top tricks and tips for selling your Forget Me Not Crafts

Once you have finished your crafting, why not collect donations from friends and family in return for your Forget Me Not craft creations?

- Share your Facebook fundraising page with your friends and family to get sponsorship or sell your crafts and donate the proceeds.
- Pop along to a local craft staff to sell your creations and raise awareness of Alzheimer's Society.



Join our community of craft-minded people, share your creations and make sure to tag us on socials **#ForgetMeNotCrafts**

### How your support helps



#### **Connect people with the latest research**

£15 could help connect people affected by dementia to research projects where they can make a real difference. Every single study brings us close to new treatments and paves the way for better care and diagnosis.



#### **Someone to listen, any day of the week**

£30 could go towards our support and advice services where expert staff are able to guide people affected by dementia on financial entitlements.



#### **Expert guidance, every step of the way**

£50 could fund the Dementia Connect Support Line so it is there, for people affected by dementia dealing with the cost-of-living crisis.



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**We hope you enjoyed  
crafting Forget Me Nots,  
either using our guides or  
in your own artistic way!**

**By taking part in Forget Me Not Crafts,  
you're helping people living with dementia.  
Thank you so much for your support!**

Collect donations for your creations from friends and family,  
remember to ask an adult to help if you'd like to.

At Alzheimer's Society we're working towards a world where dementia  
no longer devastates lives. We do this by giving help to those living with  
dementia today, and providing hope for the future by campaigning to make  
dementia the priority it should be and funding groundbreaking research.



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