

STITCHES OF LOVE AND KINDNESS

Stitches of Love and Kindness (SOLAK) cross-stitch quilt squares which are then made into lap quilts for children and adults with long term illnesses.

Information and Guidelines



*We are a completely non-profit
organisation that makes quilts for
children and adults with long-term
illnesses*

*Sometimes it's the Littlest things...
that make the biggest difference*

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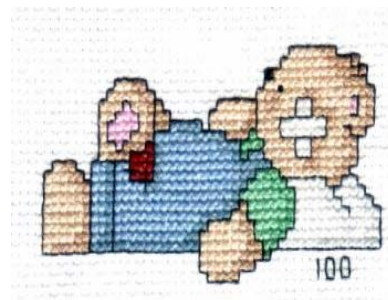
WELCOME TO SOLAK

We are here to show people, that may be in need of a bit of love and support, that there are others who are thinking of them and wishing them well. Sometimes it can make all the difference to know that someone, somewhere, is willing you to carry on and fight the battle that illnesses can be.

Our members cross stitch squares that are then made into quilts and sent to people, of all ages, all over the world.

Some of our members are actually suffering with these illnesses themselves and so, as well as being able to do something worthwhile while being ill, they can actually make contact with all the other members of the SOLAK via our Yahoo group. This enables them to maintain contact with people from the outside world, as suffering from the sorts of conditions that we deal with can cut you off from the rest of society.

SOLAK has grown to be a community of people ready to offer support and comfort to those that need it whether they are across the globe somewhere or right next door.



OUR AIM.... Is to make lap quilts as gifts for children and adults with long term illnesses such as Cancer, Leukaemia, Fibromyalgia, MS and ME (also known as CFS). These conditions cause a wide range of disabilities - sufferers need plenty of rest or are bed ridden, often end up in wheelchairs and need a lot of support. These illnesses can last for many, many years and in many cases never get cured. It can be a depressing time and our goal is to let these people know that someone out there cares for them, is wishing them well and that they should never give up hope.

OUR HISTORY.....SOLAK was originally established to help people with M.E and Chronic Fatigue Syndrome. Sufferers fight on a daily basis to get these illnesses recognised and understood. We wanted to show our support by sending them quilts of love and kindness as gifts to show that there are others out there who know what they are going through

At the same time we wanted to raise awareness of ME/CFS amongst those who might not otherwise have heard of the illness

The project was launched on the internet in April 2001 and since then has grown to include members from all over the world.

SOLAK has been extremely successful, more so than we had ever hoped for, and it soon became clear that there were many people who deserved one of our quilts, just to let them know they were not alone in their battle for health. We now send quilts to anyone with a long-term illnesses and wish everyone a safe and speedy recovery.

MEMBERSHIP

Members of SOLAK are not expected to meet deadlines, stitch a certain number of squares or send us any money. All we want you to do is to have fun stitching some squares and then send them to us when you are finished.

As a member of the group you will be able to see what quilts we are currently making and who they are for. You will be told what quilts we have planned and be kept informed about the people we send quilts to. You will also receive a copy of our regular Newsletter.

Do I have to join SOLAK to send squares?

No, anyone can send us squares. Becoming a member allows you the opportunity to see what quilts we are currently working on and whom they are for. You can also join in with members' group activities. However if you would only like to donate squares as a one off, you can contact us to arrange where to send them.

What happens after I join SOLAK?

Once you become a member you will receive a membership number. This can be stitched at the bottom of each square along with your name and location and is to help us identify who you are. It also means that people who receive quilts can see where each square has come from and how many different stitchers have been involved.

Does it cost anything to join SOLAK?

Nope, not a thing. We don't want your money – just your squares.

What happens if I don't want to be a SOLAK member anymore?

Just write to us and we will take your name off the mailing list. If you joined at our group online then go to the group site and unsubscribe.



Request a SOLAK Quilt

Anyone can request a quilt, be it for themselves, a relative, a neighbour or a friend. All you need is a valid address and a good home for one of quilts to go to. If you would like to request a quilt for yourself or someone you know please fill out the REQUEST FORM included with this booklet.

Make sure you check that your address is accurate as this is our main means of contacting you. Also try to include as much as information as you can about the person the quilt is for.

Once you have submitted your request you should receive a decision about your request within fourteen days.

If you do not receive a reply please fill out the form again and be sure to check you have used a valid address.

Once you have received a confirmation please just be patient. We are working on your quilt and we will contact you as soon as it is finished.

Will a quilt cost me anything?

No, our quilts are completely free. Very occasionally we may ask if it is possible for a small donation towards postage costs but this is only when absolutely necessary and we would never expect you to send us anything you couldn't afford.

How long will I have to wait to receive my quilt?

Our quilts have been very popular and there is currently a rather long waiting list. The more details we have about the tastes of the person we're stitching for and the more themes we have to work with, the easier it is to find a suitable quilt that can be sent out. After submitting your request you will receive a confirmation letter and once a quilt is available we will contact you for a postal address confirmation.

SQUARES

Stitching squares for SOLAK is simple.

You can stitch anything you like - we accept squares with absolutely any theme

You can use any colour material you like

There are no deadlines – you can stitch at your own pace whenever you like

You don't even have to be a member to stitch for us!

We have a few simple sizing guidelines to make sure that anything we receive can be used but other than that, what, when, where and how you stitch is entirely up to you!

We get requests for quilts on a daily basis with all different themes. Anything you cross-stitch onto a square can and will be used in a quilt. Any pattern you see and want to stitch - we can make use of.



STITCHING GUIDELINES

FABRIC:

Aida or Even weave

White or cream preferred, but we will gladly accept squares of any colour.

SQUARE SIZE:

Preferred size

material : 6 X 6 inches (15cms x 15cms) minimum square

design size: 4 X 4 (10cms x 10cms) inches or below.

The smallest size square we accept is 6" x 6" minimum fabric square with a maximum 4" x 4" design, but we will accept other sizes. As long as we have at least 2" around the design we can use it!

SQUARES FAQ'S

Are there any specific themes or patterns you have to stitch?

There is nothing worse than having to stitch something you don't enjoy and so as a member of SOLAK you are free to stitch whatever you like. When a quilt is requested, the person who is filling out the form will let us know the sort of themes the intended recipient would appreciate. We try our best to give them a quilt which will match their personal tastes and so we will often post requests for squares on a particular theme. However, if we have squares that we think the quilt receiver will also like they will go into the quilt as well. This means that any squares sent to us will get used even if we didn't ask for that particular theme. Feel free to stitch any design you want of any size. All you need to do is use the sizing guidelines so that the edges aren't too small for us to stitch them together.



Do you have to use white material?

You are not limited to white material for your cross stitch. Obviously white will be easier to fit into any quilt but if coloured squares are received they will be saved until there is enough to make a good looking quilt or pattern of some sort. It is all too easy to end up with odd bits of coloured aida that cannot be used for anything else and we would rather they get used for a good cause than not at all. Please feel free to do whatever you think looks good. They will all get used in the end!

What materials should I use?

You can use any count aida or evenweave for the squares and any colourfast threads. Most people use white or cream aida between eight and six inches square but you are absolutely free to do what you think works best for you. You can use any colourfast embroidery threads - there is no need for expensive brands. If you aren't sure whether or not they are colour fast please check with the manufacturer.



Can I use beads and buttons on my squares?

Buttons and beads can be used on squares but squares containing them will not be sent to young children. If you are stitching a square with a young child's quilt in mind please do not put buttons or beads on them. Over time they could work loose and a small child might choke.

Can I stitch my name on my squares?



Please do. It is always nice to see how many different people contribute to a single quilt and where they are from. Members are asked to put their membership numbers at the bottom of their squares so they can be notified that they have been received but we would like everyone to put their name and location, if they wish, somewhere on the square. However please make sure you stitch your name at the bottom or edge of the design and NOT the bottom of the square as this gets cut and lost when they are made up into quilts.

Do I need to wash my squares?

We would appreciate it if you could wash your finished squares before posting them. If you are not able to or you think it looks fine without a quick rinse that is ok. We just don't have the opportunity to wash all the squares before sewing them together and once they are made into a quilt it might not be as easy to get stubborn marks out of the cross stitch material. There is no need to iron or press the squares either unless you so desire. All quilts are washed and ironed before being sent out.



INFORMATION FOR INTERNET USERS

Solak has a website at

<http://www.stitchesofloveandkindness.com>

All the information you will need about SOLAK is available on this website. You can also request a quilt using our online form, or send a message to either Mary or Sylvia either by email or by using the online message facility.

We also have an online group site hosted by Yahoo at

<http://groups.yahoo.com/group/SOLAKgroup/>

This is the place to be if you want instant information about what quilts we are currently working on and what themes we require for each. You can chat to other members and take part in the group SAL's. To join, go to the link above and request membership at our home page.

SOLAK LOGOS

Earlier this year we held a competition to find a logo for SOLAK. The logos are to be used in cards to accompany our quilts. A big thank you to the people who took time to design and send in their entries.



The competition was a lot of fun, and we had some very pretty designs. In fact, all were so nice it was hard to choose a winner.

we decided that as ALL the designs were so nice, we would use them all. And of course, that gives us all a choice of designs to stitch.

If you would like to stitch a logo and send it to us, either for us to make into a card,



Designed by Sylvia Lyth

or as a completed card, then the charts are here for you to use.

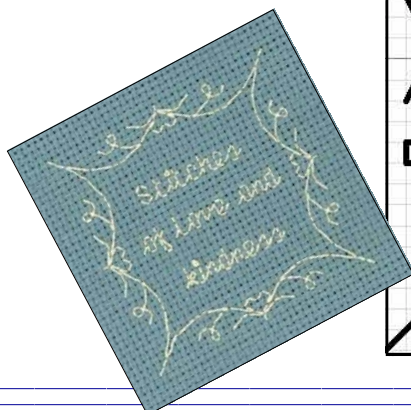
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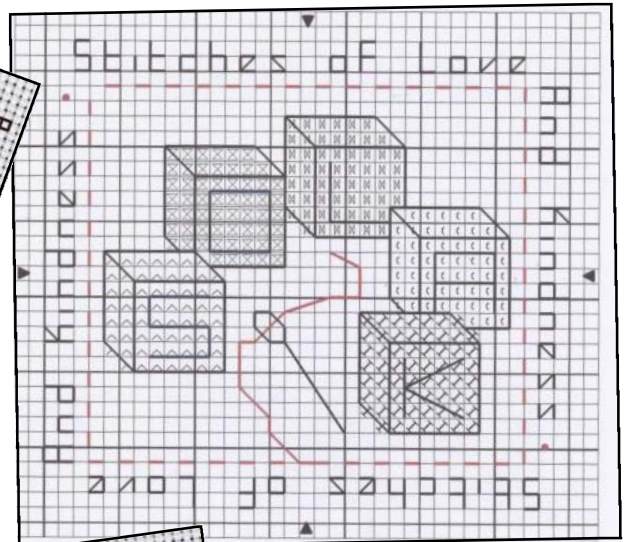
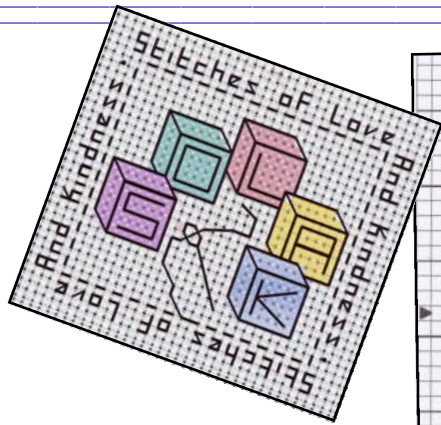
Designed by Jenna Magee

they are designed to use any colour threads that are available.

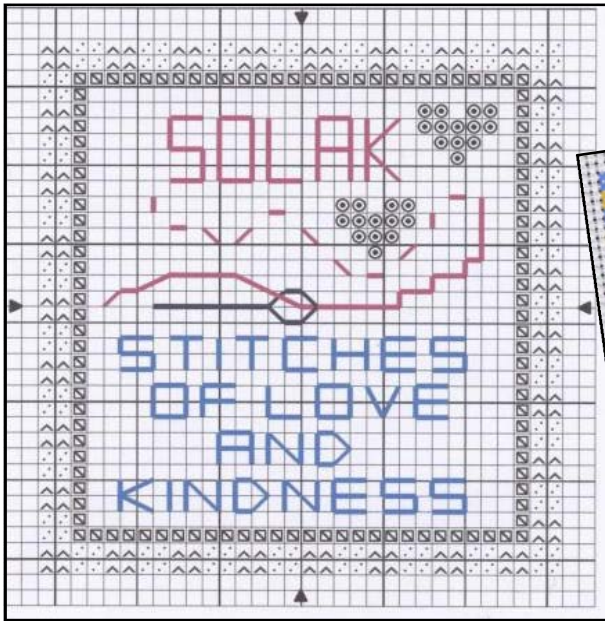
All are quick to stitch and



We asked that each design measure approx 2.5" square on 14 ct aida to fit within a standard aperture card. All the designs were stitched on

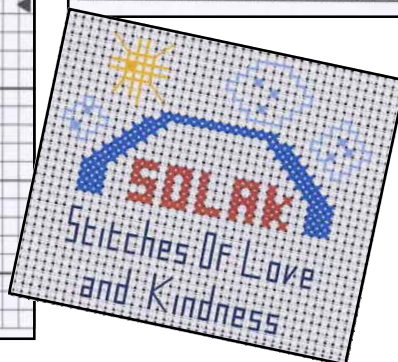
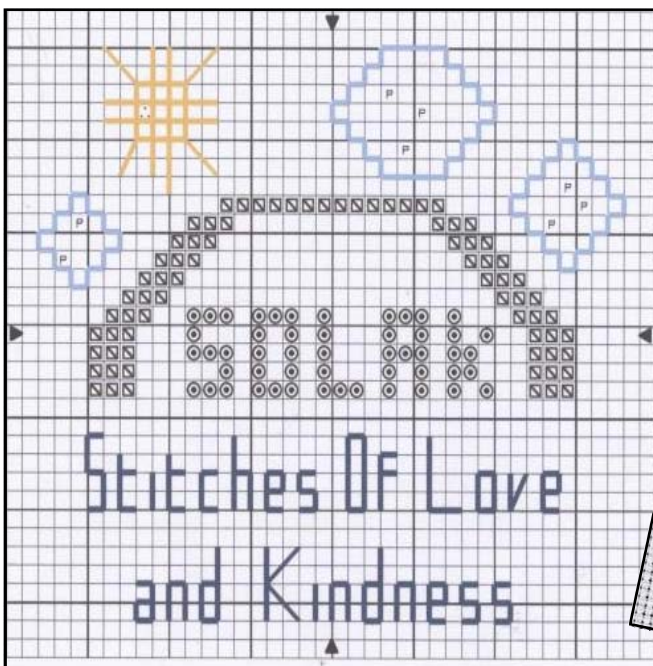
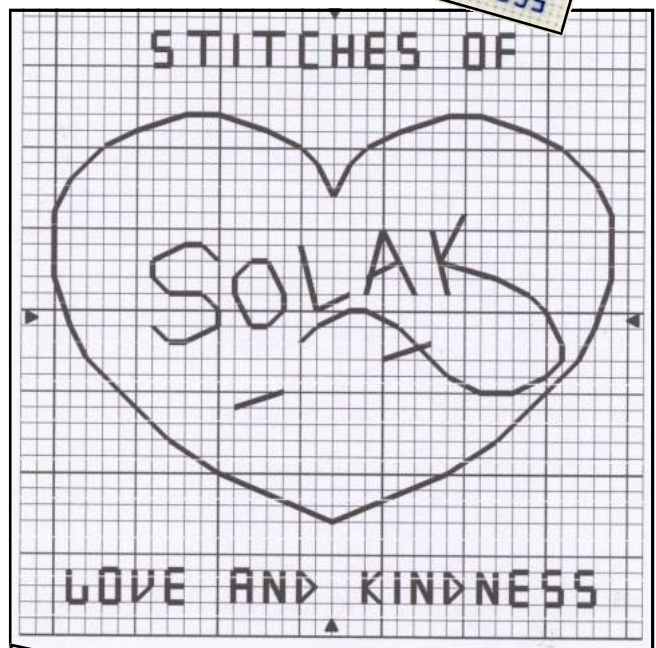


14



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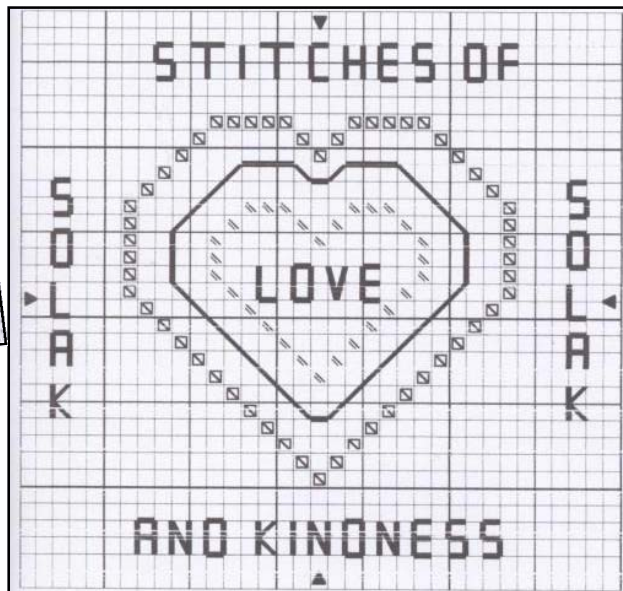
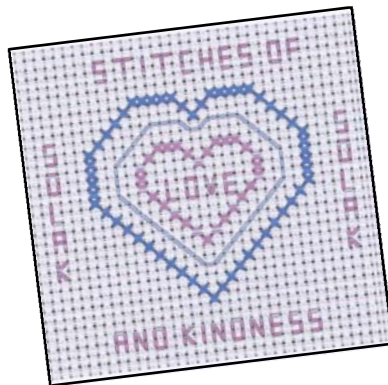
aida fabric.



This rainbow chart was designed by Sarah, our

And the final design by Jenna who said

"This is a nice way to explore my creative self, thanks for offering the opportunity!"



All the designs are copyright of SOLAK and we ask you to honour our this and only use them for that purpose.

COPYRIGHTS

- ★ You CAN make a working copy of a chart/leaflet/pattern in your possession. If the copyright statement doesn't grant you permission, just check with the designer or publisher to be sure. They almost always say yes!
- ★ You CAN lend, trade, sell or donate any pattern that you own, once you have purchased it, but remember, you ONLY have the right to do that with the original physical copy that you paid for. See Article 202 of the US Copyright Law for more details.
- ★ You CAN take a picture of your stitched piece and post it on-line to show off your beautiful work. You should also post the full name of the piece, the copyright symbol and name of the copyright holder or publisher nearby to help protect that image on-line.
- ★ You CAN combine elements from published designs, change colors, fibers and even stitches when making items for your own enjoyment or as gifts.
- ★ You CAN donate the finished products (needlework, knitting, quilts, craft items etc.) to a worthy cause such as a bazaar or charity auction. You may even sell the finished piece as long as the item is not being mass-produced for sale.
- ★ You CAN share a love of your hobby on-line by sharing links, information, tips & tricks, pictures of your finished projects... just not illegally scanned designs. Please help protect the Hobby Industry by doing your part to uphold and respect copyrights it is the LAW!

COPYWRONGS

- ✗ You CANNOT make a copy for yourself and loan the original to a friend. Wait until you are done and loan them the actual leaflet/chart/pattern.
- ✗ You CANNOT scan in a pattern, leaflet, chart or instructions from something published to create an electronic copy. This breaks Article 106 of the U.S. Copyright Law (*Exclusive rights in copyrighted works*) by creating a NEW copy which the copyright holder has not authorized.
- ✗ You CANNOT share a scan electronically or post any pattern to the internet that you did not create yourself.
- ✗ You CANNOT change elements or colors in a published design or incorporate parts of other copyrighted works into a new work and publish it, sell it or distribute it as your own work. Under Article 106 of the US Copyright Law, you must obtain permission from the original copyright holder before creating a "derivative" work.
- ✗ You CANNOT mass-produce any item from a single pattern for sale without the express permission of the copyright holder OR without negotiating a manufacturing or licensing agreement with the person who created the design/ pattern/ leaflet or its publisher.
- ✗ You CANNOT be protected by claiming "fair use" or "for educational purposes" when reproducing copyrighted patterns without permission because of Article 107 (4) (*the effect of the use upon the potential market for or value of the copyrighted work*) Whether or not you make a profit from sharing the copy does not matter.

What about copyright?

Everyone needs to be aware of copyright.

The good news is that you can stitch and sell any of the designs from the following magazines or from www.cross-stitching.com for a charity event. They have a load of free charts on their website, which all come within their copyright policy. However, they are unable to give permission for the copying of charts to sell or make into kits or any stitching or selling which constitutes a business.

The magazines are:

- World of Cross stitch,
- Cross Stitch Crazy;
- Cross stitch Card Shop
- and Cross Stitch GOLD

Cyberstitchers have designed some charts of a size that SOLAK can use, They also added a search facility to their site to help us find the size of charts we need. You can visit them at www.Cyberstitchers.com

Disclaimer: The above information is for guidance only. It is your responsibility to ensure that you do not infringe copyright on any of the designs you stitch.

This information has been extrapolated from a poster produced and paid for under the educational mandate of the INRG Legal Defense Fund. The changes made, to allow for the printing of this booklet, are only to the design and not the content.



Sometimes it's the Littlest things...
that make the biggest difference



CONTACT INFORMATION

Postal members:

SOLAK
f.a.o. Sylvia Lyth
43 Holystone Crescent
High Heaton
Newcastle upon Tyne
NE7 7EU
England UK

Internet members:

Sylvia (UK) at
Slyth@blueyonder.co.uk

Mary (USA) at
five_rs_utah@yahoo.com