

2012 Recycled Challenge

At our quilt show in October, our guild was approached by Cindy M, the Nurse Manager of the Adult Mental Health Unit of the Moncton Hospital, who was looking for help to add some color and cheer to the walls of her Unit.

1 in 5 Canadians are affected by a mental health issue. Most commonly, patients seen in this Unit are diagnosed with *depression*, and experience *poor coping skills* for the life circumstance that is disrupting their routine, resulting in feelings of *anxiety* they cannot manage.

The Adult Mental Health Unit holds 24 inpatient beds to care for people diagnosed with Bipolar Disorder, schizophrenia, eating disorders, substance abuse, and more. 4 Intensive Care beds are allocated for patients who could be a danger to themselves or to others. *Depression, loneliness, loss, and anxiety* are a common thread with a large portion of patients. Often they can feel that life revolves solely around Admission to the Unit, back to their routine, and then Readmission, as if their lives are continuously being *recycled*.

I was taken on a tour of the Adult Mental Health Unit in November – the walls are truly beige and bare, in great need of color and community care – the perfect opportunity for a quilt challenge!

Our Challenge: to provide **wall quilts** for the Adult Mental Health Unit using **recycled items only**.

1. Use or share: scraps and fabric from your stash; paper; lace; a UFO; orphan blocks or BOM; used clothing; “found” items; embellishments. *Do not use any sharp* items.
2. Add color and enthusiasm to a wall quilt that is traditional or abstract or fibre art; it can be fun or serene or seasonal.
3. The project must be a *quilt* – 3 layers quilted together, finished with a hanging sleeve and a label.
4. Size: 12” x 12” or 80” x 80”, or any size or shape in between.
5. Challenge yourself to make a solo project, or form a small group.
6. Keep a list of the variety of recycled items used.

January / February 2012	<ul style="list-style-type: none"> * Choose your THEME (colors, Holiday, traditional, abstract) * CHOOSE your group * PLAN the project * GATHER your recycled items
March / April 2012	* CUT, SEW, SMILE
May / June 2012	<ul style="list-style-type: none"> * Hand or machine QUILT * Finish, Bind, Embellish, Label
Wednesday June 13	* Bring in your wall quilt for display with your list of recycled items used

Kim Larracy
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