

Dental Health Matters

Toiletry Bags



The Dental Health Matters campaign highlights challenges in accessing dental care and urges government action on NHS dentistry. We're combining our WI love for creativity with our commitment to helping those in need by making bags for essential dental care items. Your WI and Federation can then donate these bags to women's refuges and shelters (as long as you have sought their interest in receiving these bags in advance).

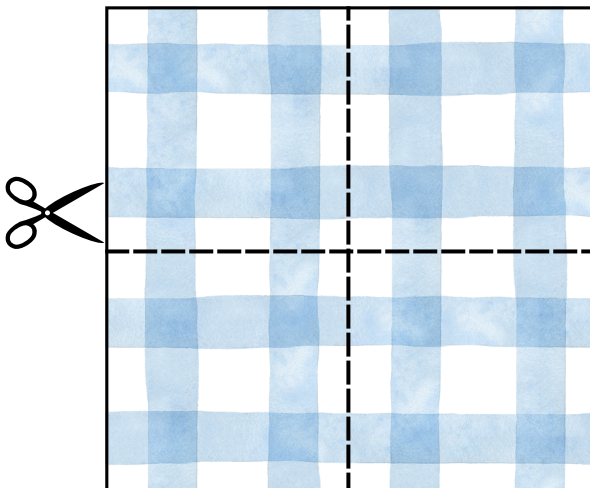
Providing both essentials for a healthy smile and a reason to smile.

Materials

To make 4 bags

- 1 fat quarter of fabric (50cm x 56cm)
- 120cm string, cord or ribbon for the drawstring
- Needle and thread (if hand sewing)
- Scissors or roller cutter and mat
- Ruler
- Fabric marker or tailors chalk
- Pins and a safety pin
- To Fill: Toothpaste, toothbrush, floss etc.

Method



Prepare Ahead

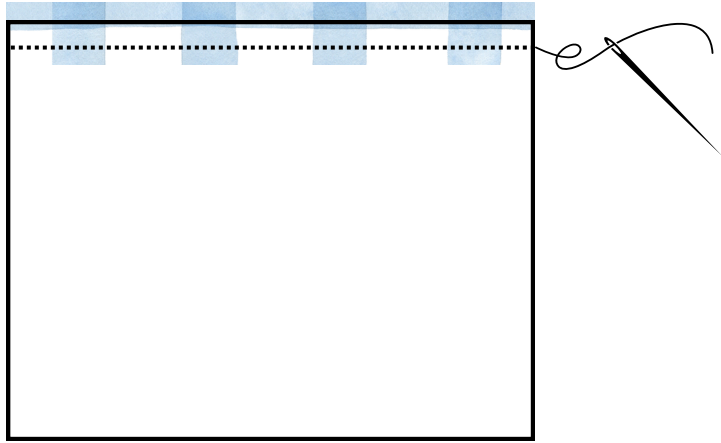
If you are planning to make these bags at your WI meeting, you may wish to prepare materials bundles for your members in advance to make your session run smoothly, ensuring ease of distribution and to minimise wastage and expenses:

- Pre-cut fat quarters & drawstrings in advance.
- Pre-cut lengths of thread for hand stitching, winding them around small pieces of cardboard to prevent tangling.
- You can encourage your members to make a bag from start to finish OR you may wish to prepare stations in the hall for various members to complete each stage of the making process to share the workload in areas they feel most comfortable.

Step 1

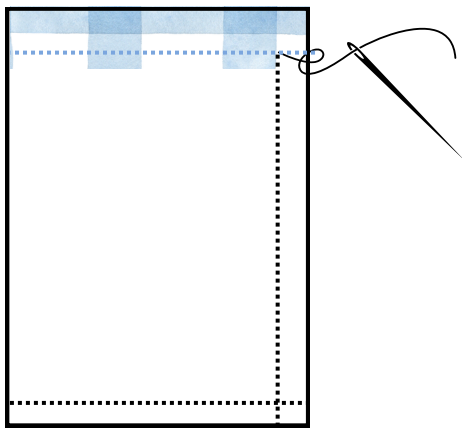
- Cut each fat quarter into four equal pieces of 25cm x 28cm.
- Additionally, measure and prepare the drawstrings of 30cm to go with each piece.

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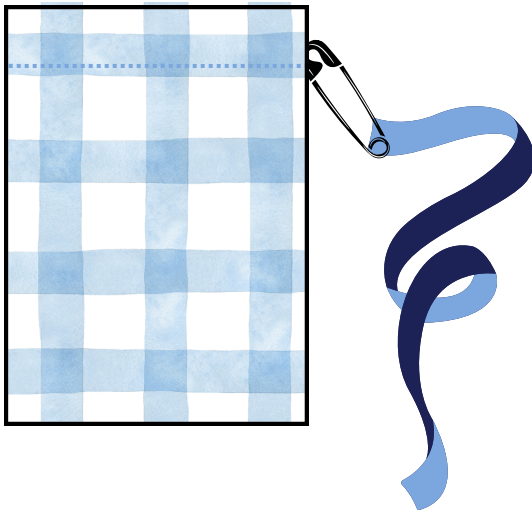
Step 2

- Fold down the top edge by two cm to make the space for the drawstring and stitch along the edge allowing half a cm seam allowance.
- If you are using patterned fabric ensure that you fold on to the back side of the fabric.



Step 3

- Fold the fabric in half and line up the side and bottom edges, then stitch along both edges, leaving a half a cm seam allowance.
- Do not stitch all the way to the top, ensure to leave the openings for your draw string.



Step 4

- Turn your bag back in the right way to ensure all seams are now inside the bag.
- Attach your cord or ribbon to a safety pin and then use this to thread the cord through the pocket you made for the drawstring.
- Remove the safety pin and tie both ends together to stop them pulling back through again.

Helpful Hints

- Check your fabric stash for using up odd pieces of material.
- Minimise costs with coordinating fat quarters; use the same thread and ribbon for uniform tones and colours.
- Customise the complexity of the bags based on your skills and equipment.
- Use sewing machines for various stitches or add embellishments such as buttons and decorations.
- Don't forget to take photos and send them to our Public Affairs & Campaigns Team at pa@nfwi.org.uk and the Learning Hub wilearninghub@nfwi.org.uk, we'd love see what you create!