



Heart Starter Kit

sHedway is a grassroots health promotion charity for suicide prevention and mental fitness in Australia's shearing industry.

This heart-making kit has been made to share heart, kindness and compassion with the shearing shed family of rural Australia. We are sending woollen love back to the home of wool! They will be shared with and by shearers, wool handlers, wool classers, wool growers, shearing contractors and wool brokers, and with their families and supporters. They will be shared when strength, love, hope, courage and comfort are needed, to encourage people to Keep Walking In, Keep Reaching Out.

In the shearing sheds, heart is respected above all. Heart is the grit and strength it takes to Keep Walking In to the sheep pen (or to life) no matter how tough the day is, and sHedway has found that sharing pocket hearts allows our tough and strong shearers and shed hands to share heart with each other. To not only Keep Walking In, but also to Keep Reaching Out to each other.

From all at sHedway and in the shearing sheds of Australia, we thank you for your kindness. It is appreciated.

Please return hearts to sHedway PO Box 1472 Dubbo NSW 2830

www.1000hearts.com.au

www.shedway.org.au



How to make your pocket heart

step

1



Choose two pre-cut hearts that feel right together

step

2



Anchor your thread at the top of the heart with a knot

step

3



Stitch around, leaving a small gap for stuffing

step

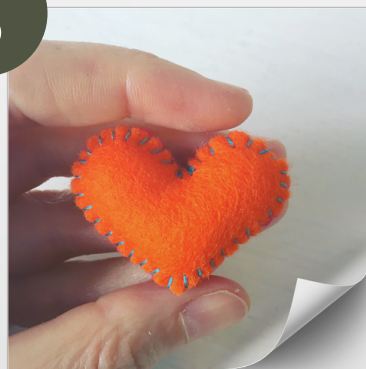
4



Gently fill using small pieces of stuffing until your heart is full

step

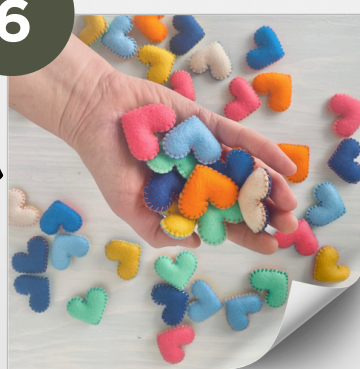
5



Stitch closed and secure with 3 stitches on top of each other

step

6



Hooray! You did it. Share it with someone who needs kindness

Tips for a Durable Pocket Heart

- We believe in being kind to people and our planet. The felt and stuffing in this kit are 100% wool, and the little bags are biodegradable cellophane for eco-friendly heart-making and sharing.
- For stitching, use two strands of 6-strand embroidery cotton (split the thread provided).
- Keep your stitches neat and even for a strong heart.
- The needle provided is Chenille size 24, with a larger eye for threading and still sharp for sewing.
- Stuff firmly so the heart holds shape and feels good to touch.

For more tips and materials info visit:
www.1000hearts.com.au

