



Craft it **at**
Christmas!



Make it!

Bake it!

Upcycle it!



Hello and welcome to your Craft it at Christmas! fundraising guide



Thank you for joining our crafting community. In this handy guide, you'll find everything you need to get your Craft it at Christmas! started. It's full of creative crafting ideas, from wreath making to incredi-bauble designs!

We've also covered all the practical advice you'll need to help make your Craft it at Christmas! a huge success and turn your festive masterpieces into vital funds for Crohn's & Colitis UK. Don't forget to download all your [fundraising resources](#).

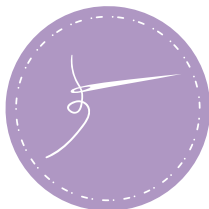
Getting started

Picking your craft

Pick a craft from one of our three creative categories or choose to create your own! What do you enjoy doing? Are you looking for something simple or something creative to immerse yourself in?

Get inspiration

Use this step-by-step guide for inspiration or search online. There's lots of festive craft tutorials to get you inspired.



Raising funds

Ask for a suggested donation

Make your festive goodies, to sell to friends, family or colleagues in exchange for a suggested donation. When choosing your craft, have a think about what your audience would like and what they would be happy to make a suggested donation for.

The gift that keeps on giving

Why not gift your handmade items and donate the amount you have saved on not buying gifts?

Selling to a wider audience

Take a look at online market websites and list your items online. Why not book a stall at a local Christmas market or Christmas crafts fair?

Host a creative session

Host a creative making session with your friends, family or colleagues and ask everyone to donate to attend, in person or online. Use our [e-invitation](#) to get everyone booked in.

Your Craft it at Christmas! Planner



1 When shall I start?

Craft it at Christmas runs throughout December, however once you have picked your craft idea and chosen how you'll raise funds, you can get started!

2 Plan what materials you will need

Use our [shopping list](#) to plan how many items to make and the materials you'll need. This will help you with costings, so you can work out the suggested donation to ask for from loved ones. Don't forget to factor in the hours you'll need to craft when planning your festive creations.

3 Take photos of your creations

This is your chance to showcase all your hard work. Add photos of your festive creations to your JustGiving page, so people can see your amazing fundraising efforts!

4 Spread the word

Use your social media to share your fundraising. Use our [fundraising resources](#) to help with promotion.

How your fundraising helps

It is only with the support of people like you that we can help over 500,000 people in the UK who are living with Crohn's and Colitis. The money you raise will help us:

- provide high-quality information, and support those in need through our Helpline services
- campaign for better health services and improved lives for people with Crohn's and Colitis
- fund vital research into treatments for the conditions

TOP TIP

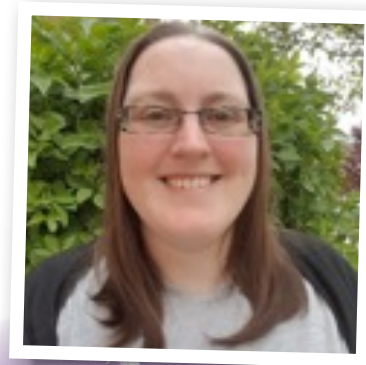
Don't forget to let everyone know why you're fundraising for Crohn's & Colitis UK!



5 Collecting your donations

If you haven't already, set up your JustGiving page and donations will come to us directly.

Make it!



Purple heart decorations – made by Emma Colclough

“Hi, I’m Emma from @craftwithcrohns. I’ve always enjoyed crafting, and taught myself how to crochet when I had to stop work after becoming poorly with Crohn’s. Today I’m going to show you two ways to make your special heart decorations, one with crochet and one without”

Crochet version – for experienced crocheters

What you need

- Purple DK yarn
- Piece of yarn or twine for the hanging loop
- 3mm crochet hook
- Soft toy filling
- Scissors
- Darning needle

Steps to make a crochet heart decoration



R1: 6 DC in magic ring (6)

R2: INC x 6 (12)

R3–4: 12 DC

Make a slip stitch then fasten off and cut the yarn, leaving a tail for sewing. Place this piece to one side. Repeat R1 – R4 again but this time do not fasten off or cut the yarn. You are now going to join these two pieces together.

R5: 6 DC on the current piece you’re working on, starting where the yarn tail is crochet 12 DC around the first piece that you’d placed to one side, then 6 DC around the rest of the second piece (24).

R6–8: 24 DC

Using the darning needle and yarn tail from your first piece, stitch an X across the small gap where the two pieces are joined together. Secure the yarn tail inside the heart by weaving it through the back of a few stitches.

Take the darning needle and piece of yarn for the hanging loop, thread the yarn through the top of the heart, between the two ‘bumps’. Tie the ends together so that the knot will be hidden on the inside.

R9: *2 DC, DEC* x 6 (18)

R10: 18 DC

R11: *1 DC, DEC* x 6 (12)

R12: 12 DC

Start stuffing the heart with soft toy filling. Make sure to not add too much – you want it to fill the shape but not over stretch the stitches.

R13: DEC x 6 (6). Finish stuffing. Fasten off and cut the yarn leaving a tail for closing the hole.

See pattern notes (on next page)



Pattern notes (from previous page):

- This pattern uses UK crochet terms (a UK double crochet or DC = a US single crochet or SC).
- The heart is made in rounds. Each round continues straight on from the last one unless stated otherwise.
- Stitches detailed between a * and * need to be repeated by the number of times indicated.
- INC means increase by making two DC in the next stitch.
- DEC means make a DC invisible decrease using the next two stitches.
- Different yarn weights and the appropriate hook size can be used, the finished heart will just be a bit larger or smaller.

Felt version – beginner friendly

What you need

- Purple felt
- A paper heart template & pins
- Scissors
- Sewing needle
- White embroidery thread
- Twine for the hanging loop
- Soft toy filling
- (Optional) Extra embellishments e.g. snowflake button



Steps to make a felt heart decoration

1. Pin the paper heart template to the purple felt and cut out two matching heart shapes from the felt.
2. (Optional) Sew any extra embellishments to one of the felt heart pieces. This will be the front of the decoration.
3. Tie a knot in the hanging loop and position it between the two felt heart pieces so the knot will be hidden inside.
4. Start sewing the two felt heart pieces together, making sure to secure the hanging loop in place as you go. (These examples are sewn together with a blanket stitch but a running stitch could also be used.)
5. As you sew around the heart, at the end leave a few centimetres unsewn. Use this gap to fill the felt heart with some soft toy filling.
6. Once stuffed, finish sewing the gap together.

TOP TIP

Why not make a good quantity and take them to the craft fair or host a stall at work. Go the extra mile and make handmade gift boxes to put them in!

For more of Emma's wonderful crafting creations, visit [@craftwithcrohns](https://www.instagram.com/craftwithcrohns) on Instagram



Christmas Wreaths

Sell your wonderful wreaths to your local village or town.
And your friends, family or colleagues.

A simple how to

1. Start with your basic wreath frame, you could choose wire, rattan, wicker or polystyrene
2. Take your foliage, which can be real (see what your garden has to offer!) or fake. Wrap it around your frame and attach with wire, string, ribbon or hot glue
3. Arrange away until you're happy with the look of the wreath
4. Time to get creative by adding extra decorations

See what you already have at home. It could be pinecones, tinsel, old decorations or ribbon, bells, dried orange slices and cinnamon sticks.



TOP TIP!

If you are a bit stretched for time you could use artificial fir wreath/s for your frame.



Colourful incredi-bauble wreath!

Do you have plenty of unused baubles, with no home for them? Then why not create a bauble wreath!

You will need

- Plenty of colourful baubles
- Wire coat hanger (thin) or wire
- Tinsel (for the handle)



How to make

1. Change the shape of the hanger by bending the metal until it becomes a circle.
2. Carefully untwist the wire coat hanger, so there are two open ends to hook your baubles on.
3. Remove the string from each of the baubles. Then feed through the baubles one after the other onto the hanger (while adding smaller bauble in-between every now and again).
4. Carefully, bring the hanger together and secure, by twisting the two ends back together.

Adding a handle to your bauble wreath

Wrap tinsel at the top of your wreath, to create a handle, allowing you to hang your wreath.





Bake it!



Chocolate Cucumber Cake – recommended by Dr Sunni Patel from Dish Dash Deets

Wanting to get the kids involved during the Christmas holiday? Why not bake your own delicious Chocolate Cucumber Cake?



Ingredients

- 195g semolina flour, or, 195g whole-wheat flour
- 3 tbsp flax seed (ground)
- 9 tbsp water
- 195g coconut/brown sugar
- 130g cocoa powder
- 2 tsp baking powder
- 2 tsp cardamom powder
- ¼ tsp cumin powder
- 4 tbsp coconut oil
- 65g coconut (shredded)
- 325g cucumber (grated)
- 200–300ml oat milk

Preparation



1. Pre-heat the oven to 180°C.
2. Begin by toasting the semolina flour on a low-medium heat, in a pan, until it gives off a nutty aroma and cool (if using whole-wheat flour there is no need to toast).
3. Meanwhile make some 'flax-eggs' by stirring the flax seed and water and letting the mixture sit for few minutes.
4. In a bowl, sift the flour, sugar, cocoa powder and baking powder.
5. Add the cardamom powder (by crushing cardamom pods and removing the husks in a pestle and mortar until finely ground) with the cumin powder to the bowl.
6. Add the coconut oil, coconut and cucumber (including any cucumber water) and mix all the ingredients well.
7. Slowly add milk until you get a cake like batter (to mix, use a handheld whisk, spoon or electric whisk).
8. Add the mixture to a well greased/lined cake tin and bake in an oven at 180°C for 40 minutes.
9. Cool for 30 minutes, remove from the tin and serve.

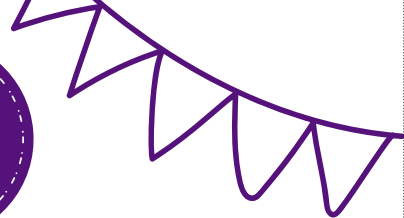


Dr Sunni is the founder of **Dish Dash Deets**, which is focussed on health coaching, education, food and wellbeing. Sunni has been living with Crohn's since 2014. Powered by his own IBD journey and passionate about plant-based cooking, Sunni is committed to raising awareness of healthy eating for long term wellbeing.

Dish Dash Deets hosts a library of mouth-watering, plant-based recipes to help you cook nutritious and delicious food. To try more recipes and find out more visit [DishDashDeets.com](https://www.dishdashdeets.com) and instagram [@dishdashdeets](https://www.instagram.com/dishdashdeets)

*Different people's bodies are affected by different foods, so you may need to adapt the recipes for your own diet.

Cake Flags



What will I need?

- A bold pen or marker
- A4 paper or card
- Scissors
- Sellotape or glue
- Cocktails stick
- A printer

Instructions

1. Print out this page on paper or card
2. Cut around the template and fold in the middle
3. Use the blank flags space to add the name of the goodie you have baked – e.g Chocolate Cucumber Cake!
4. **Important** – please make sure you include any allergens, e.g contains nuts, gluten free.
5. Wrap the flags around the stick, glue or tape together
6. Set your pricing and get selling!



£		£	
£		£	
£		£	



Upcycle it!



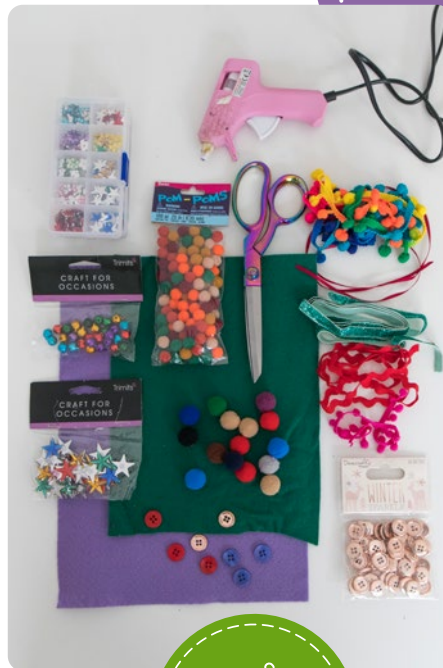
Christmas Jumper upcycle by Paige Joanna

Paige Joanna is your go-to creator for colourful crafts. She has created a community filled with positivity and inspires others who want to make their everyday a little more magical.

Have fun and join our Crohn's & Colitis UK crafting community!

What you will need

- A plain jumper, this can be an old one or something second hand, perfect for upcycling
- Felt sheets in green and purple, 1 of each
- Hot glue gun & spare glues (or fabric glue)
- Scissors & a pen
- Things to embellish your Christmas tree shape. This can be craft materials like pom-poms, gems, buttons, ribbons, and bells. Even better, why not use some old Christmas decorations you don't use anymore!



Start here

Step 1

Dig out an old jumper and lay it flat on a table. Get your green felt sheet and fold it in half. Draw on one half a Christmas tree outline. If you don't feel confident to draw this free hand, print out a Christmas tree shape and use it as a template.

More steps over the page

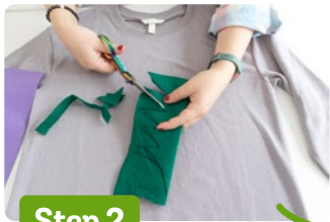
“

Crohn's & Colitis UK is extremely close to my heart, because I've had Crohn's since the age of 13. Today I'm going to show you how to upcycle your own Christmas Jumper and raise funds for this important charity.”

REMEMBER

“This craft tutorial is all about utilising what you have at home or in your craft stash already, so get creative and don't worry if you don't have all the materials shown in my make.”





Step 2

With the felt sheet still folded, cut around your tree outline to create your symmetrical tree shape.



Step 3

Make a star shape for the top of your tree out of the purple felt by repeating the same process as the tree. Draw on your star shape in pen first, then cut out. The purple is a great link back to the Crohn's & Colitis UK charity colour!



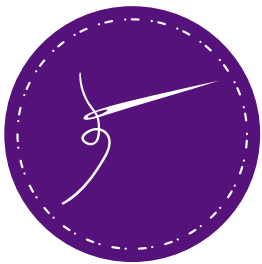
Step 4:

Once you have your tree and star felt shapes, you can glue them onto the jumper. Line up where you want the tree by eye or use a ruler/tape measure to place it centrally. Using the hot glue gun, simply place the glue on the back of the felt shape a little piece at a time and glue in place.



Step 5

Once the star and tree are glued in place, you can make a start on embellishing the tree! Get creative with this and play around with the placement. I started with the ribbons by laying them diagonally and cutting them to size and gluing in place with the hot glue.



Step 6

Repeat this process with pom-pom trim or whatever other snazzy ribbons you have, to layer them up.



Step 7

Decorate the tree with pom-poms, gems, buttons, and bells – use whatever you have around the house!



Step 8

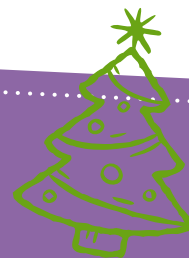
For a finishing touch, I added another ribbon around the neckline to give it a super festive look.

***Disclaimer**

Always take safety precautions when performing crafts and activities. Children should not be left unattended. Please make sure you read your glue gun safety instructions before using.



Ta da!



“Once you have finished your jumper you can use it in several ways to help you fundraise.

Why not wear it to work and ask your colleagues to get involved in the festivities and start a donation pool?

You could donate what you would have spent on a new Christmas jumper OR get creative and make more Christmas jumpers you can sell to friends and family for donations.

I can't wait to see your creations, so please tag me  @paigejoanna and  @crohnsandcolitisuk on Instagram”

My Craft it at Christmas! Shopping List

What I am I making?



How many would I like to make?



What's my fundraising goal?

What I already have at home, that I can upcycle or repurpose:

Item Name	How many?



What I need to buy:

Item Name	Quantity	Total Cost	Tick when Purchased



Total Spent : £

Still looking for inspiration?

Here are some other crafty ways to fundraise...



Handmade gift boxes



Pet Stockings



Christmas Reindeer Wine Cork Decoration



Hanging twig tree



Festive photo frames



Repurpose old lightbulbs, with glitter or personal messages



Improved lives today, and a world free from Crohn's and Colitis tomorrow

Registered charity in England and Wales Number 1117148, Scotland Number SC038632.

www.crohnsandcolitis.org.uk



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