



## Stitch a Brick

### Knit pattern

with thanks to Anita Greulich for developing this one for us

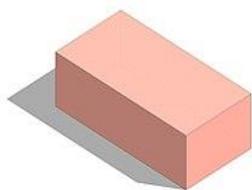


The purpose of these bricks is to build a wall, or if you like, a barrier. On one side of your brick decorate with something that is a barrier to you - it could be your mental health, bereavement, a job loss - anything that YOU see as a barrier to getting on with your life. On the other side of the brick, we would like it if you could decorate the brick with what has helped you overcome the barrier you identified; be it making new friends, knitting,

painting, pets, taking on a new role at work - anything... these are your barriers that you have overcome, in your own way. Let's see how we have overcome our barriers - if we have - we may just help others to break down their own walls by sharing these.



For this project you will be making 4 separate pieces for the top, bottom and sides of your brick plus 2 ends. You need to work to the dimensions stated; how you achieve this size is up to you... any colour, any stitch, any yarn type



←Length measures 20cm x 7cm

←This smaller end measures 7cm x 7cm

- Cast on between 35 & 43 stitches with 3 to 4 strands of single ply (to create a multiple coloured brick) or double knit yarn. This width should measure 20cm
- Knit approx 24 rows in, for example, stocking stitch (1 row knit, 1 row purl) or any other stitch you want. This should measure 7cm.
- Once you have completed 4 panels, you will need to make the **2 smaller ends**

(2)

- Cast on approx 20 stitches. Knit 24 rows in stocking stitch or other stitch. Cast off.

### **To make up**

Pin the edges together and blanket stitch around the outside - this gives a more defined edge. Attach one end, line with cardboard and stuff before stitching on the other end.

Try not to over stuff as this will lead to your brick rounding

Use simple stitches for the lettering on the 'negative' and 'positive' sides. You can further decorate your brick as you wish. For the more accomplished, you may like to incorporate your decoration into the makeup of the pieces by using colour changes, patterns & different stitches

**Package up and send to:** Wool@J13, Silkmore Children's Centre, Exeter Street, Stafford, Staffordshire ST17 4EG

## **JUST ANOTHER BRICK IN THE WALL?**

AT WOOL@J13 2020, YOU WILL BE ABLE TO SEE A WALL BUILT OF ALL THE STITCHED BRICKS WE HAVE RECEIVED. YOURS WILL BE AMONG THEM. THEY WILL ALL BE A VERY PERSONAL EXPRESSION FROM EACH PERSON WHO HAS CREATED THEM. BY SHARING YOUR BRICK, YOU MAY HELP OTHERS TO BREAK DOWN THEIR OWN WALLS.

**THANKYOU FOR TAKING THE TIME TO TAKE PART.**