



Breast Cancer Pillow

A **comfort** to those in need



October is Breast Cancer Awareness month. Get involved by making pillows to donate to your local hospital, or for a friend who has recently had a mastectomy. Instructions for this pillow and matching purse/pillow holder have been kindly provided by the Breast Health Centre and Gala Fabrics in Victoria, British Columbia.

PREPARING FABRICS:

*pre-wash all fabric

From pillow fabric, cut:

2 - 11" x 11" squares

From purse fabric, cut:

1 - 19" x 12" rectangle (for purse)

2 - 2¼" x 25" strips (for straps)

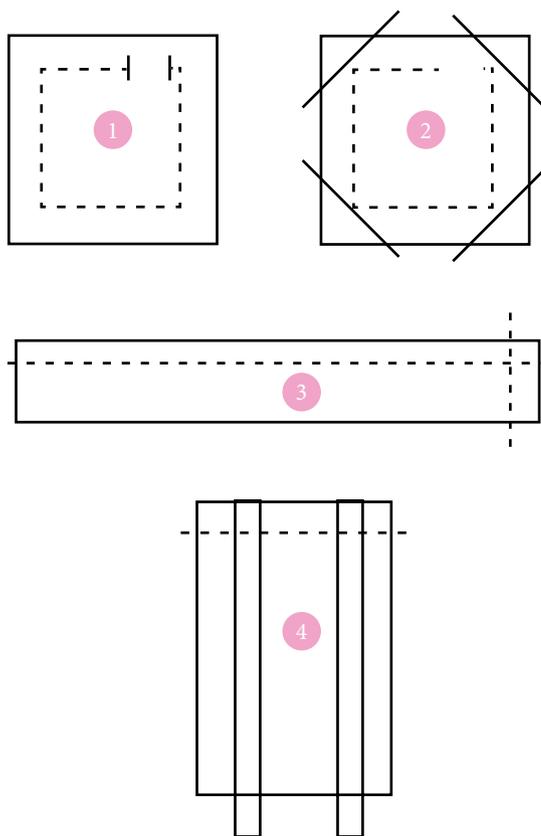
PILLOW CONSTRUCTION

1. Place the two pillow squares with right sides together. Sew together using a ½" seam allowance, leaving a 3" opening on one side (Figure 1).
2. Clip corners to remove bulk (Figure 2).
3. Turn right sides out. Stuff pillow with polyester stuffing. The amount of stuffing required is arbitrary - use enough to make the pillow fluffy, but not so much that it is uncomfortable when carried under arm.
4. Slipstitch the opening closed.

PURSE CONSTRUCTION

1. Fold fabric for straps in half lengthwise.
2. Stitch with a ½" seam allowance.
3. Stitch one end closed (Figure 3).
4. Turn right side out. Press flat.
5. Pin straps to right side of one piece of the purse fabric 1" from each side, matching raw edges of straps to raw edge of top of purse fabric. Baste 1" from top edge (Figure 4).
6. Fold purse fabric in half, right sides together. Stitch sides together using a ½" seam allowance. Be careful not to stitch straps into side seams.
7. Fold top edge under 1" and press. Fold top edge under again 1" and press. Topstitch at top and bottom of hem to finish.
8. Place pillow inside purse.

Straps can be tied so they go over the shoulder, or over the head and can be tied to any length the patient finds most comfortable. ☒



Materials

Finished Pillow Size: 10" x 10"

Finished Purse Size: 9" x 11"

Difficulty Level: ☒

It is preferable to use cotton fabric for the pillows and purse, as the fabric needs to be washable (quite often patients come home with drains). You can use contrasting colours, and decorate with a pink ribbon, which is the symbol for breast cancer.

- .3m for pillow
- .45m for coordinating purse
- matching cotton thread
- polyester stuffing