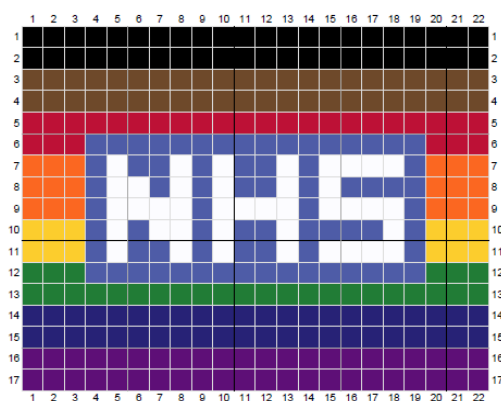
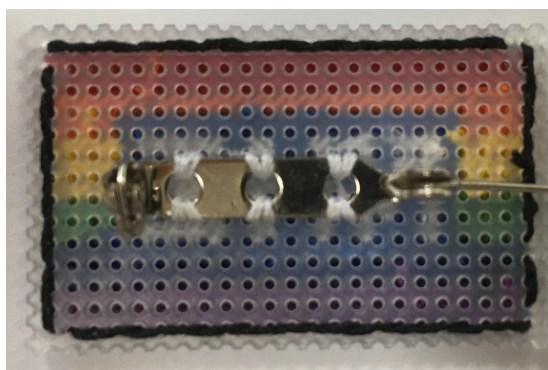
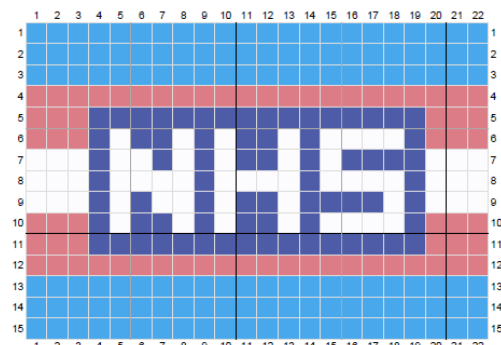
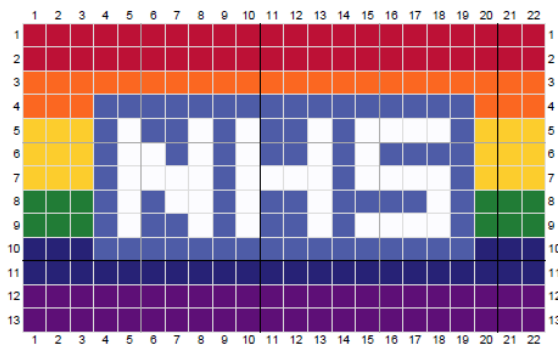


BEFORE YOU START

- This kit contains everything you need to complete your very own cross stitch #RainbowNHSBadge except for a needle and scissors. We recommend using needles with large eyes as you will be working with two strands of embroidery floss at a time, and small nail/embroidery scissors to help you cut the plastic canvas as neatly as possible.
- The main body of the badge is completed in cross stitch. If you're a complete novice, YouTube has great video tutorials. Just search "cross stitch for beginners".
- You have been given one metre of each colour of embroidery floss used in your chosen design. Each metre contains six strands, and you should use two of these strands at a time.

SEW SEW SEW!

- Follow the correct chart below to complete the front of your chosen badge. We have the classic #NHSRainbowBadge, along with the #morecolourmorepride and #transpride variants. It's easiest to start sewing near the top left of the plastic canvas (or top right if you're left handed) and work your way down colour by colour. Don't start sewing in the centre of the plastic, as you'll need to cut it in half to make the back of the badge later!



- Once you have finished your badge front, cut around the edge of your work carefully using the nail/embroidery scissors.
- Cut a piece the same size from the remaining, unused plastic canvas. This blank piece will form the back of your badge.
- Use the extra strong white thread to sew the brooch pin on to the blank piece of plastic canvas.
- Place the front and the back of the badge together, and use the extra strong black thread (or extra strong white thread on the #transpride variant) to sew a backstitch border around the edge of your cross stitch, fixing the two pieces together.
- Finally, wear your badge with PRIDE! If you're on Twitter, tag us in your photos using @sct_lgbt, hashtag #SCFTPride. You can also email us using sc-tr.lgbtnetwork@nhs.net. We'd always love to hear from you.

MAKING YOUR OWN KITS

These kits have been made on a nonprofit basis for Sussex Community NHS Foundation Trust (SCFT) staff: we've priced them at £2.50 to cover our costs. We don't have the people power to make multiple kits for other Trusts, but we're happy for our kits to be copied. Please tag us on your social media posts if you do so as we'd love to see how far this spreads!

Use the hashtag #SCFTPride, and tag us on Facebook (www.facebook.com/sussexcommunitynhs), Twitter (@sct_lgbt) and Instagram (@sussexcommunitynhs).

KIT CONTENTS

With the exception of the threads themselves, all our items were ordered in bulk off Amazon and eBay. We bought the embroidery floss and extra strong thread from local craft stores in Brighton.

- 10 x 15cm grip seal bag.
- 10 x 4cm of 14 count plastic canvas. Clear or white is best. We ordered ours in A4 sheets, then cut it into strips.
- 3cm brooch pin back.
- Extra strong thread. We used Coats brand: 40cm extra strong white thread and 1m extra strong black thread in the rainbow and #morecolourmorepride kits, and 1.5m of extra strong white thread in the #transpride kits.
- 1m of each required colour of embroidery floss. You could get away with less, but we wanted to make sure no one ran out of floss if they got into a few tangles! We used DMC in the following colours: 5200 white, 798 NHS blue, 321 red, 970 orange, 973 yellow, 701 green, 796 dark blue, 327 purple. For #morecolourmorepride we used 3862 brown and 310 black, and for #transpride we used 996 light blue and 3688 pink.



*Excellent care at the
heart of the community*