





## MONDAY IT ON A MONDAY

Welcome to our carer's crafting day, the craft for today is the old hobby of mat making.

We have included links below to  YouTube<sup>GB</sup> clips that will (hopefully) inspire you to attempt this traditional hobby. If you do get '*stuck*' Sue will be about on Wednesday, Thursday or Friday to help.

Check your wardrobe for fabric that can be used to make a rug. The cost of a Progy or Rag Rugging tool start at £4.00 and the hessian to work on can be purchased on-line for £4.00 per metre. If this is something that you do enjoy, once the charity shops open you can purchase items of clothing to use the fabric.

Just Ctrl & Click on the image and it will take you to the  YouTube<sup>GB</sup> clip (ignoring the adverts of course), there are lots of tutorials with different ideas, we hope that this might be a hobby that you continue to perfect and produce home mats with your own designs.

	<p>This is a beginners guide and we hope that you get 'hooked!'</p>
	<p>If you want to be more adventurous then this tutorial shows the more advanced techniques.</p>

Good luck and please let us know how you get on. We would welcome any photographs that we can share on our social media. Please send photos and comments to [sue.lambert@northtynesidecarers.org.uk](mailto:sue.lambert@northtynesidecarers.org.uk) or [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

**Have fun, looking forward to hearing from you.**