



FIDGET LAP QUILT FACT SHEET

Enjoy Craft? Use your sewing skills for Older Patients at the Royal Sussex County Hospital



Fidget Lap Quilts are designed to rest on the laps of our older hospital patients, calming restless hands and minds.

The pattern is very simple, so don't worry if you are not an expert sewer. They can be made with or without piecing and fleece can be used as the wadding, without backing fabric. The fabric on the bottom of the quilt must not be too slippery because the quilt will slide off the lap. Fleece is ideal.

The quilt must be machine washable at 40° and ideally sized around 60cm x 40cm.

A ribbon loop in one corner allows the quilt to be stored on a hook.

Friends of Brighton & Hove Hospitals are asking for Fidget Lap Quilts to support our Small Acts of Friendship campaign, which provides social activities and emotional support for older patients at the Royal Sussex County Hospital.



- Bits and bobs must be securely attached and there can be no sharp edges.
- Zips, buttons and buckles are particularly interesting to fidget with.
- Contrasting colours and textured fabrics, such as corduroy, are always popular.
- Use your imagination – and Pinterest – for inspiration.
- Once you have made your Fidget Lap Quilt, please drop it off at Barry Building, Royal Sussex County Hospital, marked for the Occupational Therapy team on the Emerald Unit.
- Contact office@brightonhospitalfriends.org.uk to hear more about Small Acts of Friendship or have someone come and talk to a group you are a member of.