

PORT PILLOWS

2021 State 4-H Fashion Revue Service Project

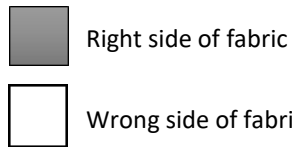
Cancer patients often have a “port” placed underneath the skin of their upper chest to receive chemotherapy infusions. Putting on a seatbelt in the car irritates the port and is uncomfortable. Port Pillows are small stuffed pillows that attach to the seatbelt to protect the port and reduce pain.

Port Pillows are easy to make, even if you’re a beginning sewer. The State Fashion Revue Committee is promoting the Port Pillow project as a service activity for 2021. Gather up your fabric scraps and make some! They can be donated in your county to a hospital or facility that treats cancer patients or a chapter of the American Cancer Society. Just let us know how many you’ve made so we can keep track.

Supplies needed:

- Soft fabric like flannel or cotton, 12” x 6” per pillow. Use designs and prints suitable for children, teens, and adults.
- Polyester fiberfill to stuff the pillow
- 1/2” wide hook & loop tape (like Velcro), one 4” piece per pillow
- Sewing machine and thread

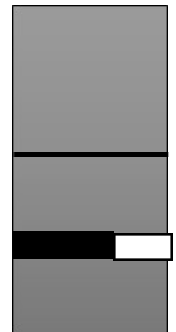
Directions:



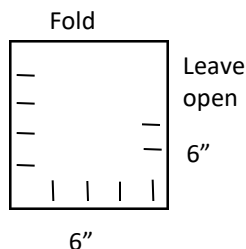
1. Cut fabric 12” x 6”. Lay it out right side up



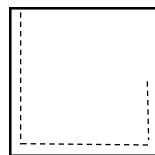
2. Cut a 4” piece of “hook” Velcro and a 4” piece of “loop” Velcro. Pin about 3” from the bottom edge of the fabric, making sure the opposite ends of the Velcro stick together in the middle.



3. Fold the fabric in half so it is 6” x 6”. Check that the ends of the Velcro stick together correctly. Pin 2 of the open sides and half of the third. Leave half of a side open.



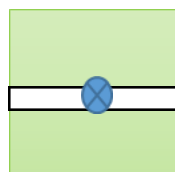
4. Sew a 5/8” seam around the 2-1/2 open sides. Start and end with a backstitch. Trim the corners at a diagonal.



5. Turn the pillow right side out, making sure the corners are all square. Stuff with fiberfill until it is softly full, including the corners.



6. Sew the opening closed by hand or machine, tucking in the seam. Optional: sew a button, decoration or ribbon to the Velcro.



Thank you for caring! To report the number made and where they were donated, email the SFR committee at 4HCASateFashionRevue@gmail.com. For information about State Fashion Revue, go to https://ucanr.edu/sites/sfd/Competitions/State_Fashion_Revue/

