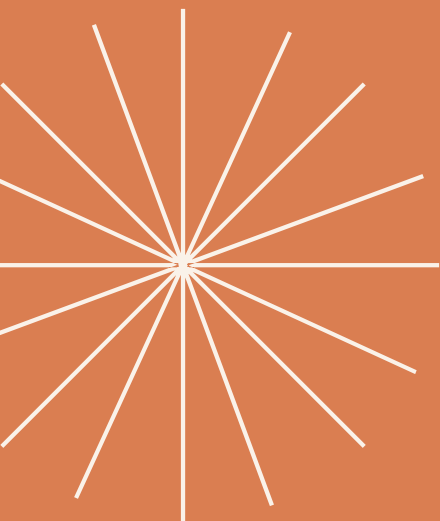




BUY SOAP
GIVE HOPE
EXTRA TASK - MAKE A MASK

*GFS Australia /
PNG Project 2022*



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OVERVIEW OF THE PROJECT

A GFS Handwashing and mask provision project for 2022



PAPUA NEW GUINEA

- HOPE Poster
- Song for teaching Handwashing
- Poster for making Soap on a Rope/ stocking
- Pattern for making mask
- Financial support to buy resources:(Donations from Buy Soap Give Hope and for mask material)
- Printing
- Soap
- Rope/ tape/ stockings



AUSTRALIA

- Give Hope Buy Soap Poster (for distribution)
- Soap on a Rope Crochet Pattern
- Mask pattern

Monetary donations to:

GFS Australia Inc, BSB 016-494, A/C 185762465

(Please make sure you put your name or phone number in the deposit as well as send Ann an email to advise you have made a payment so we can receipt the payment – treasurer@gfsaustralia.org.au)

Soap holders, masks & stockings – send to Canon Val Gribble, 32 Angela Road, Rockyview, Qld 4701 (Val is going to PNG on 27 June and will be introducing the program to PNG members. Any early gifts can be sent to Val to take with her)

GIVE HOPE, BUY SOAP

Here's a quick and easy activity for you personally or if you have a GFS Group.

To support our current HOPE and SOAP Program for PNG

Remembering that prices are higher in PNG yet better for us to try and resource our people locally and also save on added postal cost as soap is not light weight.

So have a go at this activity:

Try for one whole day/ week/ month offering up \$1 A for each time you wash your hands.

Mark it here and then please offer that amount as a donation (or be as generous as you want of course) to GFS Australia to send off to our branches in PNG to resource our updated Handwashing program.



Total Offering to SOAP FOR HOPE \$ _____

It will also make you so much more aware of your own habits and how blessed we are to have clean running water readily available to us.

SOAP ON A ROAP PATTERN

Materials:

- Approx. 15 yards of cotton yarn.
- 4.5mm crochet hook.
- Scissors
- Yarn Needle

Size: Finished dimensions laid flat:
4.5" high x 2" wide

Pattern Abbreviations

ch – Chain
sc– Single Crochet
hdc – Half Double Crochet
dc – Double Crochet
sk – Skip Stitch
sl st – Slip Stitch
st(s) – Stitch(es)

The Pattern

- Ch 9
- Rnd 1: 2 hdc in 2nd ch from the hook, hdc in the next 6 chs, 3 hdc in the last ch, continue down opposite side of ch, hdc in next 6 chs, 1 hdc in the last ch, join to the 1st hdc with sl-st, ch2 (18 hdc).
- Rnd 2: Dc in the same st as the ch2, ch 2, *sk 2 sts, dc in the next, ch 2* repeat around, join to the 1st dc with sl-st, ch2 (6 dc)
- Rnd 3: Dc in the top of the the first dc of previous row, ch2,* sk ch-sp, dc in the next dc from previous row, ch2* join to the 1st dc with sl-st, ch2 (6 dc).
- Rnd 4-6: Repeat Rnd 3
- Rnd 7: Dc in the first st,*dc in the ch-sp, dc in the next st* repeat around, join to the 1st dc with sl-st, tie off (12 dc)



Rope Drawstring

- ch 51
- Sc in 2nd ch from hook, and each ch across, tie off (50 sc)
- Weave the drawstring through the top round on dc, use yarn needle to sew ends of the drawstring together, tie off and weave in all ends

Soap on a Rope (PNG how to)

This is information only for GFS Australia, as making these to send to PNG would be expensive to send. If you wish to donate towards the soap on a rope, either purchase stockings or tape and send to Val.



Make a choice:

Soap on a Rope / Soap in a stocking

You will need a bar of soap and cord/ rope

Or

Bar of soap and an old stocking



For Soap on a Rope

Make a hole in the centre
of the soap

Thread rope/ cord through
and knot the ends tightly.



For Soap in a stocking

Place bar of soap in the open
end of the stocking

FINALLY

**Tie Either soap on a rope or soap in a stocking to a
safe place near the water source.**

**Then you'll always be able to find it
To WASH YOUR HANDS !**

GFS Mask Project for PNG

Covid and its variants have been with us for a number of years now and appear like they will be for some time.

Vaccinations have become available to assist with prevention however access to vaccination is not always as available in some of our developing countries. This is for a number of reasons. It may be due to the cost of vaccinations and relying on other countries to offer. It maybe that even when the vaccinations do arrive in the country, they are not able to be stored, distributed or effectively put into people arms. There are many barriers including traditions and suspicions that will cause the nationals in many places not to offer for vaccination.

Unlike here in Australia, where we have mostly grown up with a tradition of childhood vaccination for many preventable diseases this is not the case in many countries. Also, we here in Australia have grown up in the majority knowing hospitals as places of healing and trusting those who work in them. This too is not always the case in other countries. In many developing countries who have had to rely on traditional health care, the only time people went to more western health care was when their own methods were not able to assist and unfortunately this means that many nationals associate going to hospitals with dying and death rather than healing and health.

Thus a great opportunity for us in GFS to extend other ways to support the populations to access the most basic measures to keep as many of our neighbours and friends safer.

It has now been proven that both the use of hand hygiene and mask (PPE) wearing (<https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html>) is helpful in preventing the spread of the disease. These are both very simple things we can assist with for as many as possible.

We have a free (approved) mask pattern available for distribution in PNG as we; as some simple posters for local promotion.

What we need from GFS Australian Branches:

Financial Donations towards buying materials for the construction of masks by our members in PNG.

Making masks in a variety of sizes for distribution for free in the GFS branches.





Mask Making

The top of the mask fits over the nose and rests comfortably below the chin.

To sew a face mask with template, you'll need:

- about 1/8 yard tightly woven cotton fabric (or other fabric of your choice – lots of people substitute cut up t-shirts)
- 2 adjustable fabric ties for the ear loops (you can use a 6-8" piece of elastic if you prefer)
- thread (I suggest polyester thread for strength and durability)
- a sewing machine or hand sewing needle
- optional wire for nose shaping use a pipe cleaner

Cut out the free template along the line for your desired size.

Use the template to cut 2 fabric pieces for the mask exterior (1 reversed) and 2 fabric pieces for the lining (1 reversed).

The easiest way to do this is to fold your fabric in 2 layers right sides together, pin the template on top, and cut out both pieces of fabric at once. Then repeat for the remaining set.

Attach the Elastic Ear Loops

- Place the two mask exterior pieces right sides together and pin or use clips if desired.
- Sew the curved edge with a 1/4" seam allowance.
- Sew the two lining pieces together along the curved edge in the same way. The ends of the loops should be 1/4" away from the corners

Sewing the Mask Together

- Place the mask lining piece on top, right sides together and pin around the edges. Tip: make sure that the top edges of the mask are lined up – and one is not upside down!
- Sew all the way around the mask with a 1/4" seam allowance, leaving a 2" opening along the bottom edge on one long side for turning it right side out.
- Trim a little bit away from each corner at the sides of the mask to reduce bulk, without cutting the stitches.

Finishing Your Adjustable Face Mask

- Turn the face mask right side out through the opening and press gently, poking out the bottom corners with a chopstick or turning tool. Turn the edges at the opening to the inside and press.
- Topstitch all the way around 1/8" from the edge for a nice professional look (and to close the opening at the same time).
- Enjoy and stay safe in public settings! Remember, sewing our own PPE (or personal protection equipment) can help ensure that people who can't sew can find what they need at the store. Use gentle soap to hand wash your fabric face mask as needed.

Computer link to watch video

<https://sewcanshe.com/simple-step-by-step-tutorial-for-the-olson-mask-pattern/>

This is a link to a mask that you can make even if you don't have access to a sewing machine!

<https://www.youtube.com/hashtag/diyfacemask>

Mask Pattern

1" SQUARE

