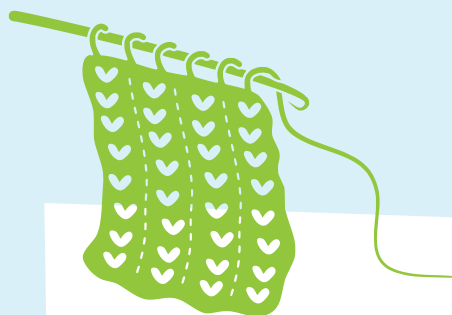


My 'chemo blanket'



I want to share 'my chemo blanket' story with you! I started it years before I was diagnosed with cancer as a hobby. It was an attempt at knitting, however I overestimated my patience and gave up pretty quickly!

It wasn't until I started chemotherapy that I took it up again. With chemo going for 6-8 hours, I had plenty of time to relearn how to crochet! It was actually a lovely lady named Sue who inspired me to get back into it, I met her whilst having treatment.

During treatment nurses would give us patients warm blankets as the chemo running through could make us quite cold. Once my chemo blanket was long enough to cover my legs, I stopped accepting those blankets from the nurses as mine was enough to keep me warm during the cold saline flushes.

Crocheting was something fun to do during those long hours of the day and it was time that Mum and I spent together.

I still have my chemo blanket today and bring it out in the cooler seasons. It's a reminder of what I've been through and what helped me get through some extremely difficult times.

I'm really proud of what I've achieved and where I am today, and this blanket is a symbol of my strength and resilience.

Thank you for supporting young people like me, impacted by cancer.

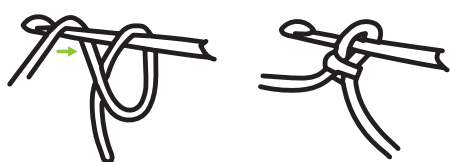
Crochet your own blanket!



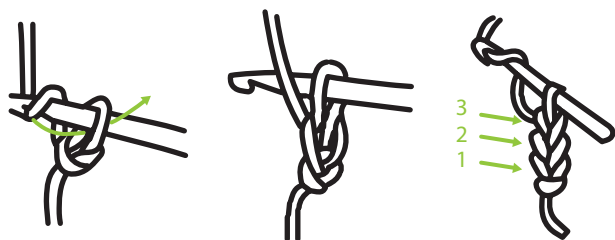
With the colder seasons coming up, I thought you or a loved one might like to create a blanket of your own! Below you'll see a pattern on how to make a simple blanket (beginner friendly!).

Instructions:

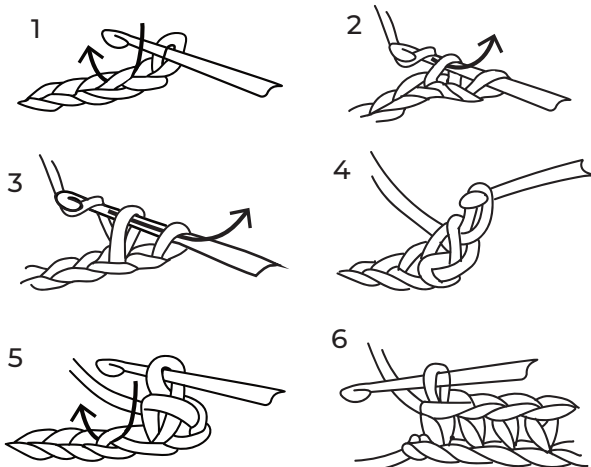
1 Create a slip knot



2 Chain 60



Row 1: Single crochet in 2nd chain from the hook and in each following chain. At the end, turn your work.



Video instructions

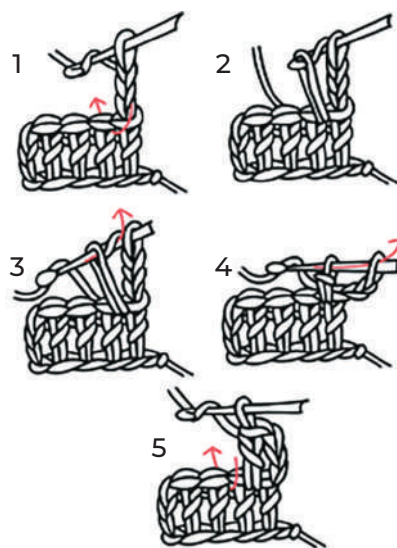
Scan to watch video instructions



What you'll need:

- Yarn - 14ply is recommended
- Crochet hook - 9mm (for 14ply)
- Sewing needle - for the last bit!

Row 2: Chain 2 (this counts as your first double crochet), then double crochet in each single crochet. At the end, turn your work.



3 Repeat

Now that you have the hang of it, repeat Row 2 for as long as you like! I usually stop at Row 60.

Row 3-60: Chain 2, double crochet in each space, then turn your work.

4 Fasten off

Once you're happy with the length, **cut off the yarn and fasten off by making a knot.** Then sew the ends in for a clean finish.

Now you can keep warm and enjoy your blanket!