



South West  
Yorkshire Partnership  
NHS Foundation Trust

A large circular graphic composed of many small, rectangular segments in shades of blue and white, arranged in a pattern that resembles a cross-stitch or a woven fabric. The segments are arranged in concentric circles, with the outermost segments being a darker blue and the innermost segments being white.

# Cross Stitch for Beginners

With **all of us** in mind.



## IMPORTANT, PLEASE READ

These slides are *free* for anyone to look at and see some tips that might be helpful. If you would like to learn more, please book on to our workshop of the same name.

Whilst our face to face courses are not running the moment, you can still express your interest in attending the next available date by visiting our website [www.wakefieldrecoverycollege.co.uk](http://www.wakefieldrecoverycollege.co.uk), clicking on the “**Enrol Now**” button and following the link to our “**Enrolment Form**”. As soon as our face to face courses are back on, we’ll be in touch to reserve your place at your preferred location. We’re also still here on the phone (01924 316946) and through email ([wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)) if you would like to chat to us.

We can’t wait to see you soon, but in the meantime...

Stay home. Protect the NHS. Save Lives.

Thinking of you all, from  
Your Recovery College Team.

With **all of us** in mind.



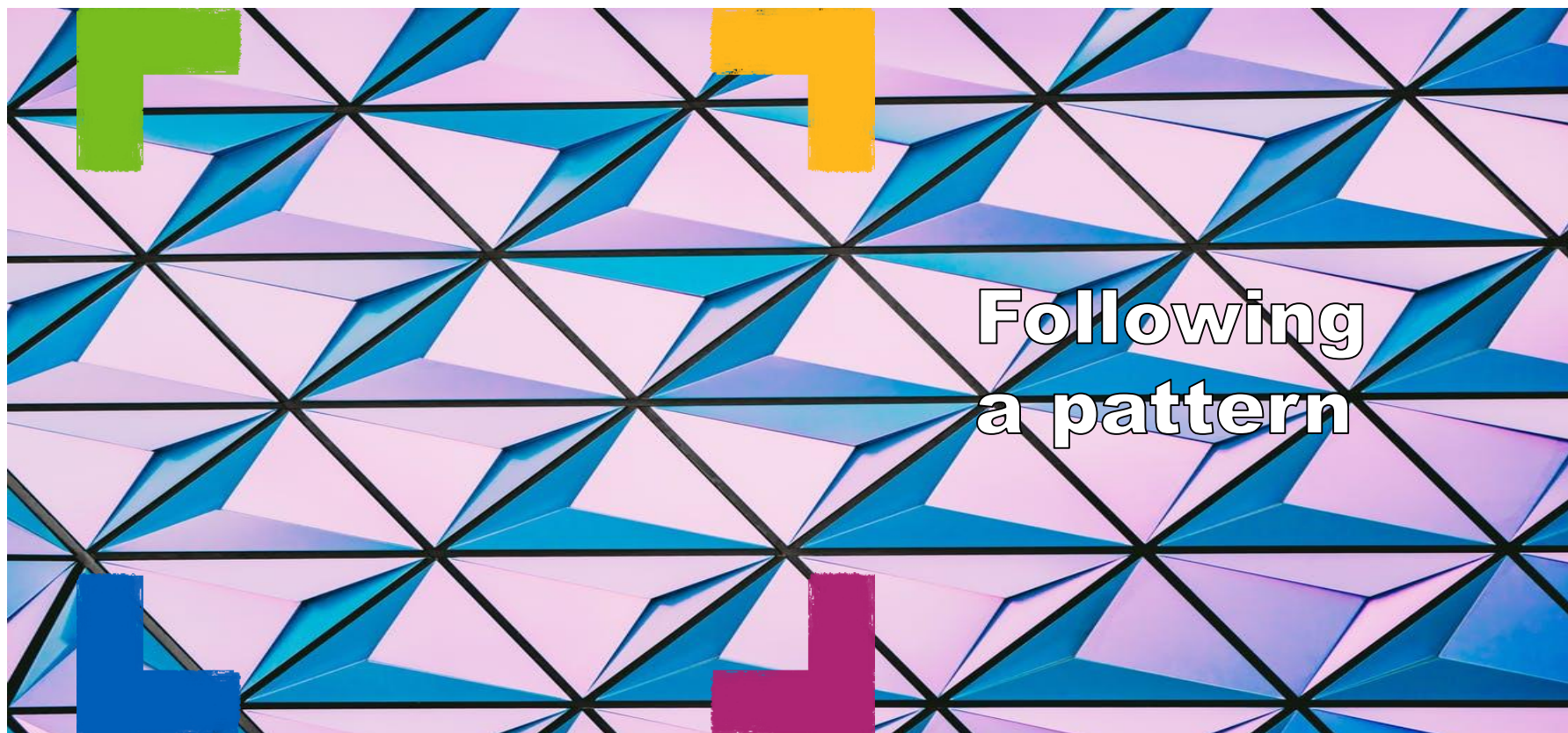
# What we'll cover

- Following a pattern
- The material and starting your project
- How to cross stitch
- Finishing your project





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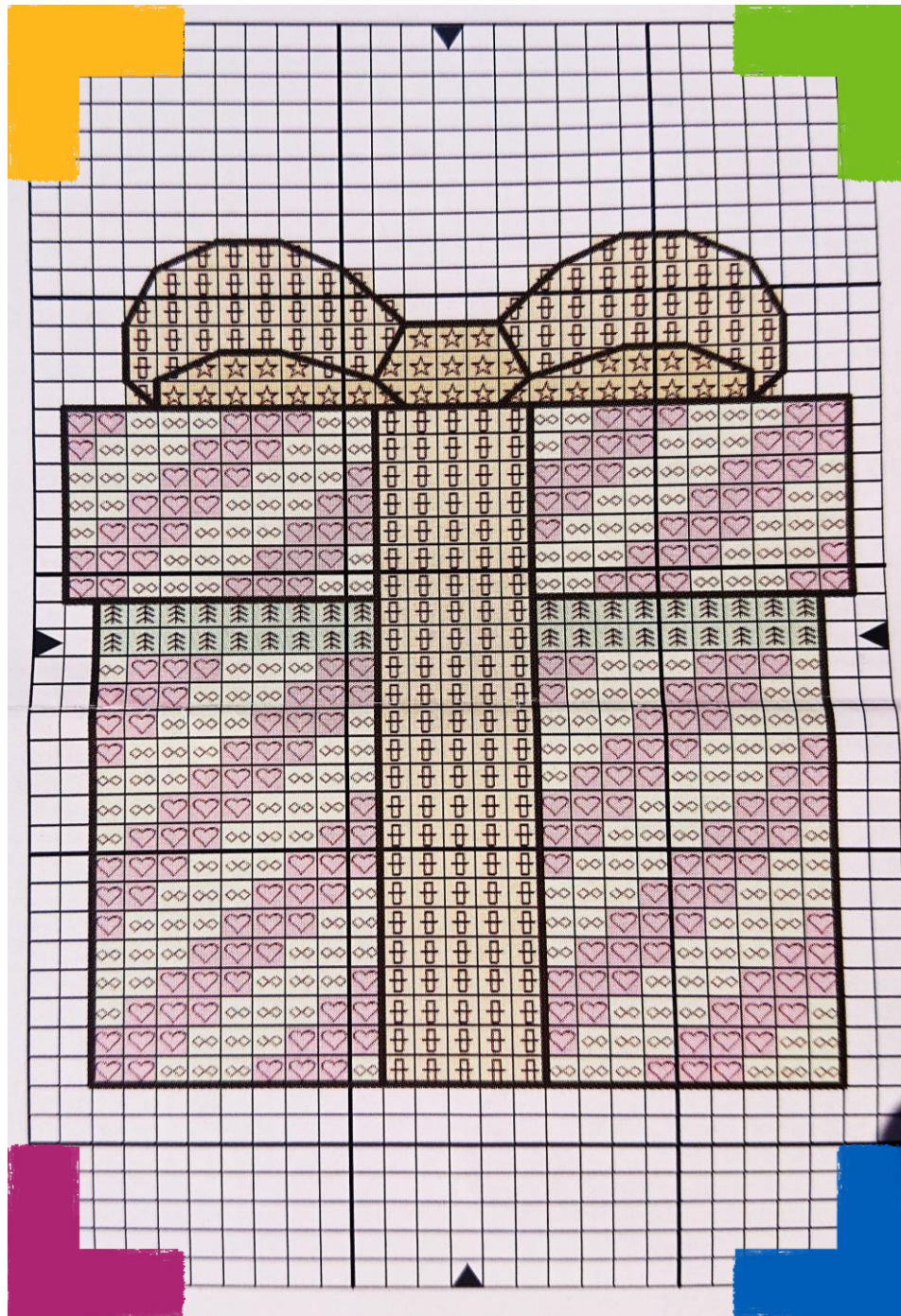
Following  
a pattern

With **all of us** in mind.


## Cross stitch patterns

They might look scary and complicated, but they're actually really easy once you know what they mean.

Find out more on the next slide...



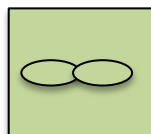
# What do the patterns mean?

- When you cross stitch, each square of four small dots on your fabric (known as aida) is used to form one cross. Each cross is represented in your pattern as a single small square box.
- Each different symbol used on the pattern represents a different coloured thread to use. The key for which symbol relates to which colour is located on your pattern. On the pattern we have used here, they have also coloured the symbols to make it easier to see which colour they recommend using. For example,  the red heart symbol indicates red thread.
- You'll notice that there are larger squares (the bolder/darker lines) on your pattern. Each of these larger squares encompasses 10x10 smaller squares/cross stitches. This is to make it easier when counting your stitches.
- You can see from the pattern we have used that the design will be 25 crosses wide at its widest point and 30 crosses tall at its tallest point.
- Bold lines drawn around your design indicate back stitch (we'll go through that later), which acts like drawing an outline.

## Our Key



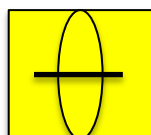
= Red thread



= Light/bright green thread



= Dark green thread



= Bright yellow thread



= Dark yellow thread

———— = Black back  
stitch

The background of the slide is a close-up photograph of a white, woven mesh fabric. Overlaid on this fabric are four L-shaped markers in different colors: yellow, green, magenta, and blue. The text 'The material & starting your project' is written in a large, bold, black font on the left side of the image.

# The material & starting your project

A blue brushstroke graphic with a textured, hand-painted appearance, containing the text 'With all of us in mind.'

With **all of us** in mind.



# Starting your project

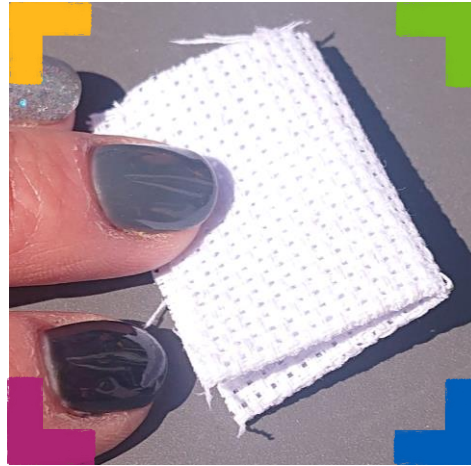
Before starting to stitch, you will need to prepare your fabric (aida).

The first thing you need to do is find the centre of your aida. To do this:

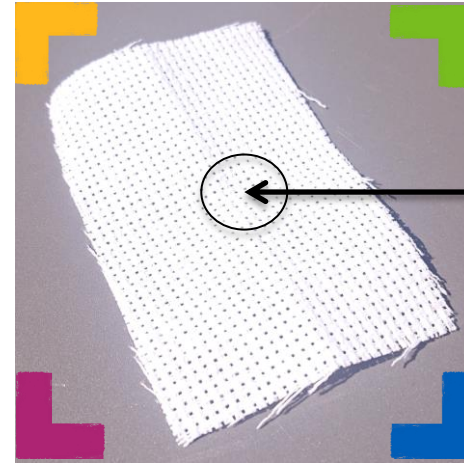
- Fold your aida in half one way and then half the other way.
- Unfold both folds in your aida and you should have found the centre of your aida.



Fold in half ↑



Fold in half again ↑



Now unfold flat ↑

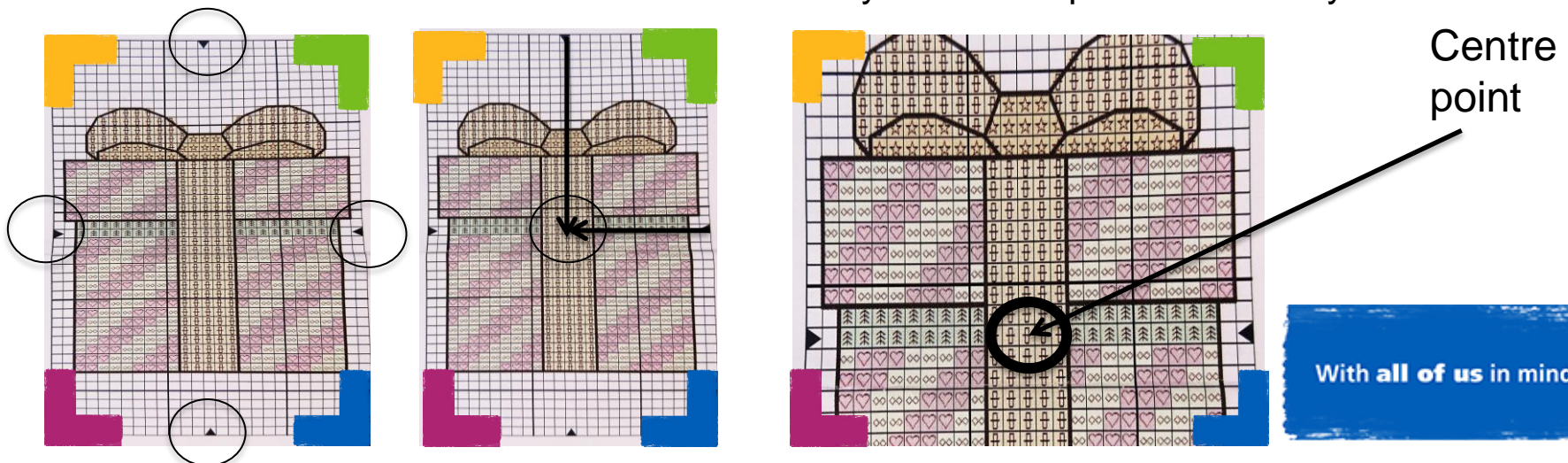
Centre point

# Starting your project

Now that your aida is prepared, you need to find the center of your pattern.

The reason we create a centre point is because this is the best place to start stitching (the center of your design/pattern) so that you know you won't run out of aida and so your design fits nicely in the middle of your fabric.

1. To find the centre of your pattern, you need to follow the little arrows on your pattern. These show you the middle point of each side.
2. Follow these arrows towards the middle until you reach a point where they meet.



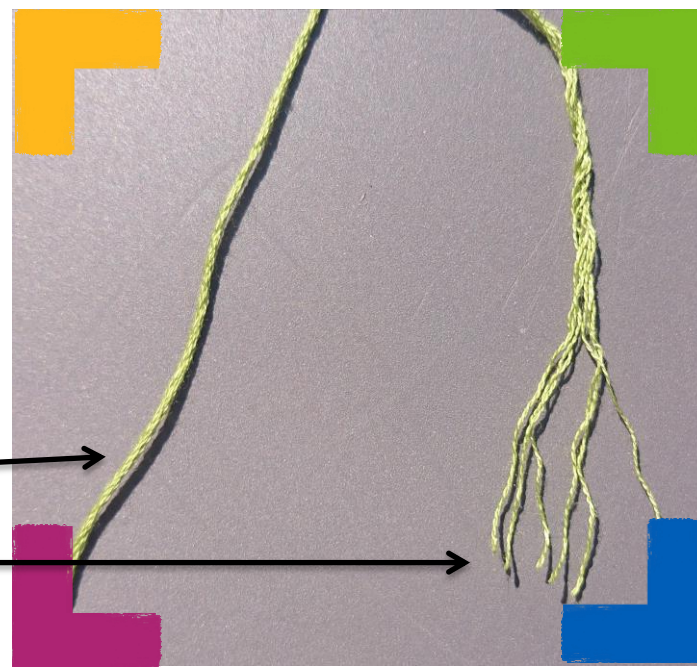
## Starting your project

Now that you've found the centre of your pattern, you need to prepare your first thread.

By finding the centre of your pattern, you can now see the symbol and therefore the coloured thread you need to start with. Note on this pattern, the centre point is bright yellow; as this will not show up well on photographs, we have chosen to start using the dark green section to enable clearer instruction.

Each coloured thread you have (called a skein) is made of six stands of cotton.

For cross stitching, you typically sew with two strands of cotton and for back stitching, you typically only use one strand of cotton, unless the pattern tells you otherwise for either of these.

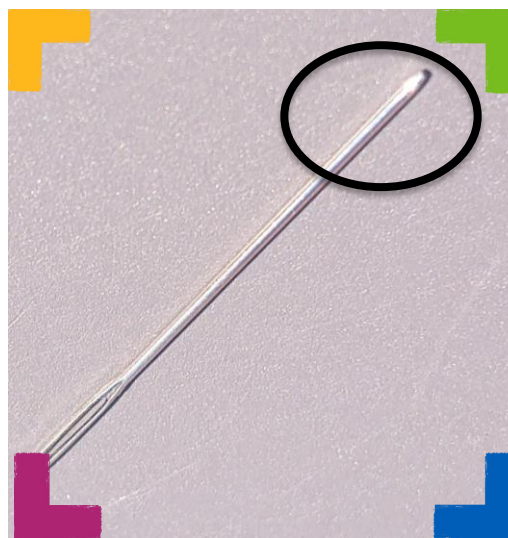


## Starting your project

**Now that you've found the centre of your pattern, you need to prepare your first thread.**

Before you begin stitching, you must separate off your strands so that you are only using two strands, which you will thread through your needle together. Make sure your threads aren't too long so to avoid tangling. A good guide is a length from your fingertips to your elbow.

**Please note, you will need an embroidery needle, rather than a sewing needle, as the tip is rounded and not as sharp to avoid poking it through any other part of the aida, bar the holes for each cross stitch.**





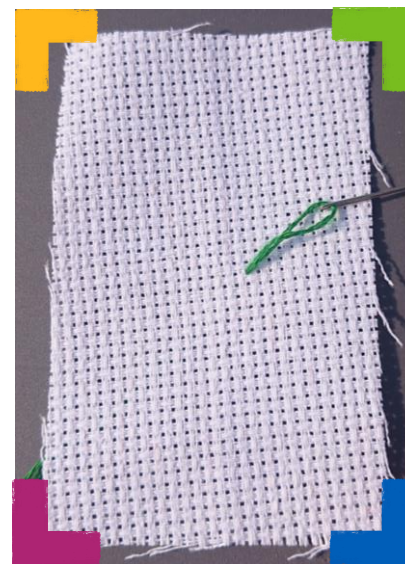
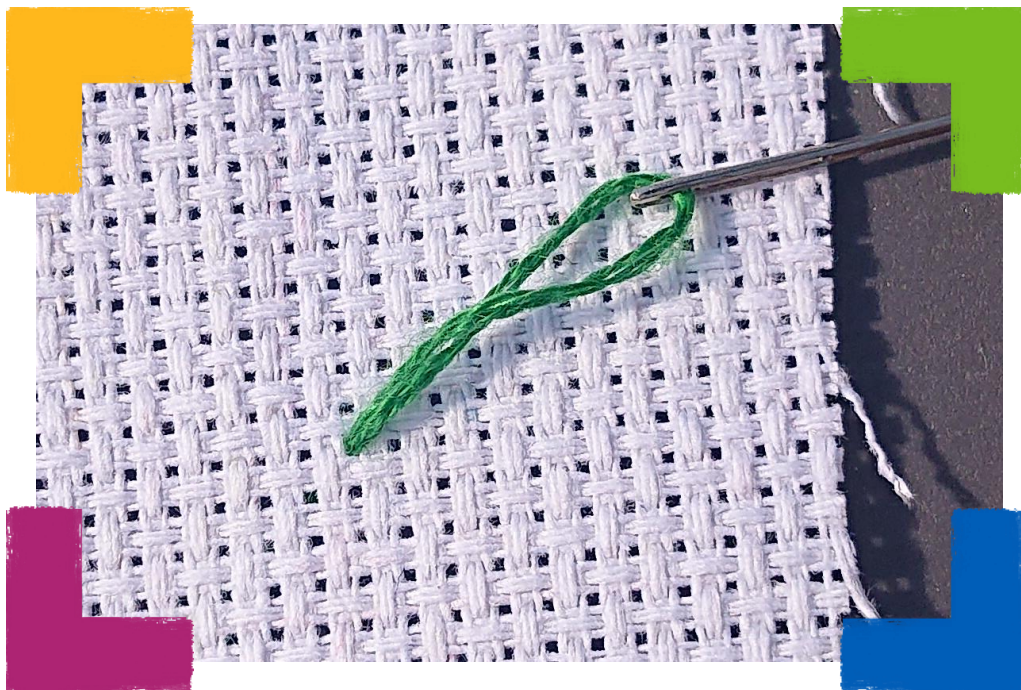
## How to cross stitch

# How to cross stitch

## Starting a new piece of thread off.

When stitching a cross, you should never need to tie a knot in your thread. Instead, here's a tip on how to start it off and keep it neat:

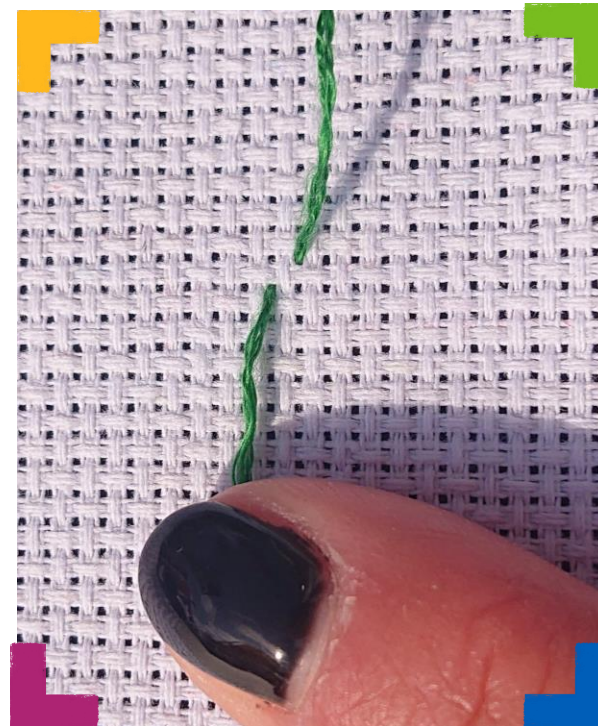
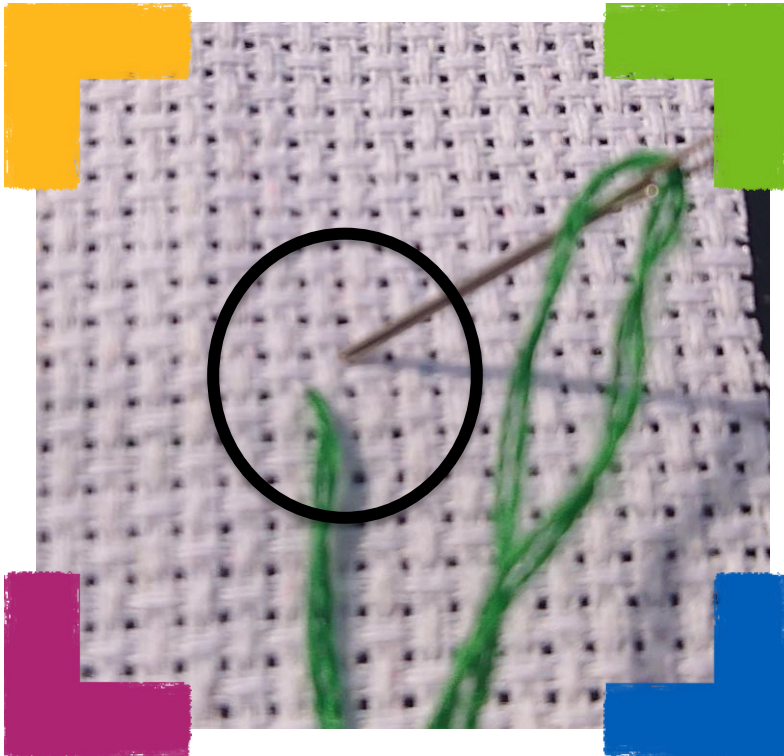
1. Pull your needle from back to front where you need your first stitch, leaving about 2cm of thread at the back that you don't pull through. (See the next slide for more...)



## How to cross stitch

### Starting a new piece of thread off.

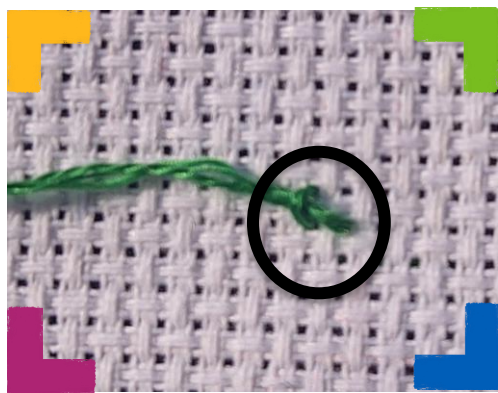
2. Still holding on to the 2cm piece of thread at the back, push your needle through the next hole diagonally up and to the right.
3. Pull the thread all the way through the back, making sure not to let go of that 2cm piece otherwise your thread will all come out.



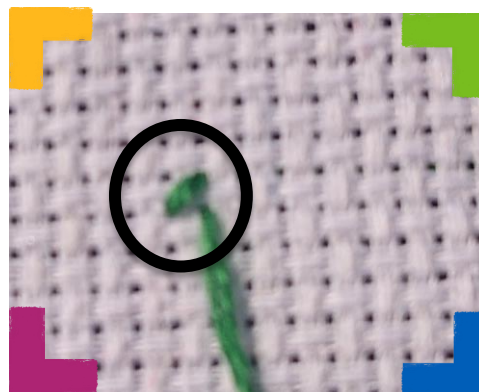
## How to cross stitch

### Starting a new piece of thread off.

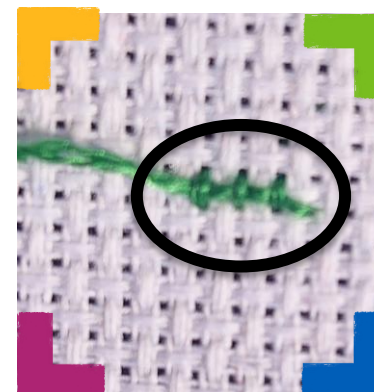
4. You will now need to push you needle through the hole underneath where you have just sewed (this will also be the hole next to the first hole you sewed through).
5. In doing this, you need to trap the 2cm piece of thread at the back under the stitch you are now pulling through. This will secure your stitching. You will need to trap the 2cm piece under the next few stitches to make it neat and tidy, but also to make it even more secure. Snip off the excess.



↑ The back with the 2cm piece trapped.



↑ The front after 1 stitch.



← The back, after a few stitches trapping the 2cm piece.

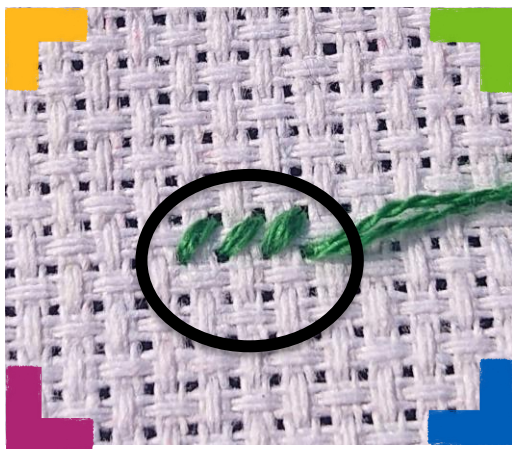


# How to cross stitch

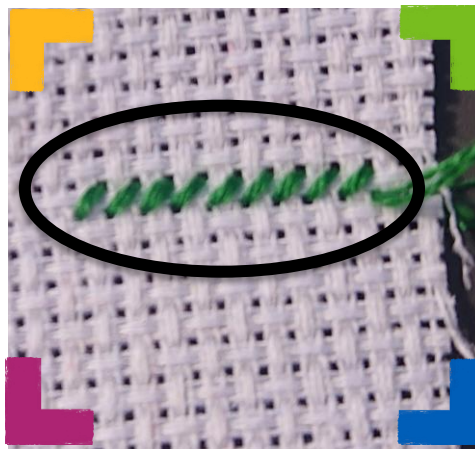
## Half stitch

Each diagonal line of the cross is known as a  $\frac{1}{2}$  stitch (because it is  $\frac{1}{2}$  of a cross).

When sewing, you would complete a whole line/area of that colour as half stitch, and then go back to complete the full cross stitch. This makes for a much smoother, neater finish (front and back) and means all of the stitches go in the same direction.



↑ The back with the 2cm piece trapped.

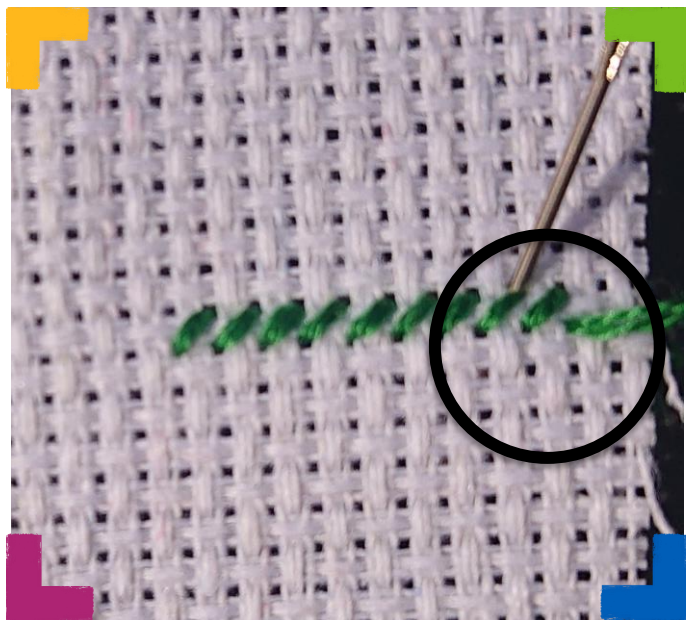


↑ The front after 1 stitch.

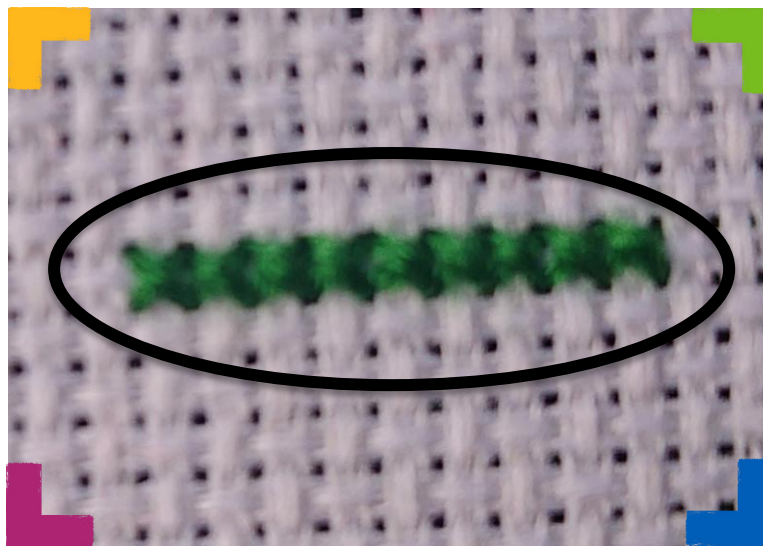
# How to cross stitch

## Cross stitch

Going back over the  $\frac{1}{2}$  stitches you have done as in the photos below, you will see that this completed the cross “x” shape. Each “x” is a whole/full cross stitch.



↑ Going back across the  $\frac{1}{2}$  stitch (in this case, bottom right hole to top left hole).



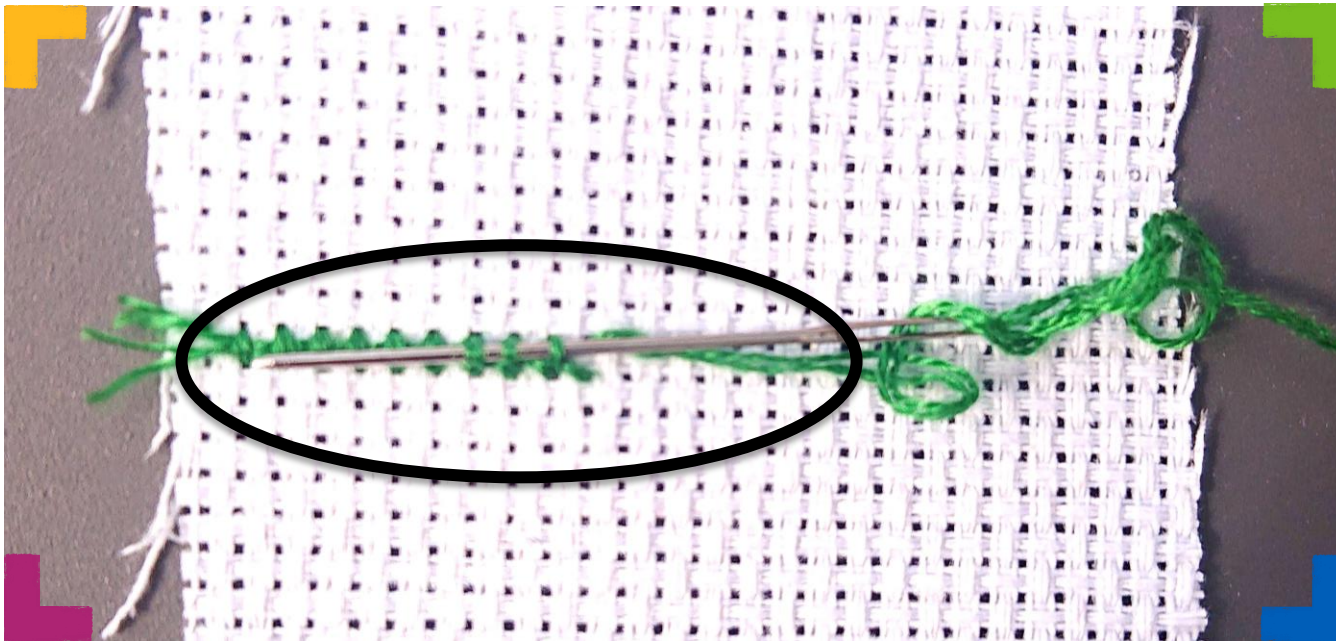
← Here you can count 9 full cross stitches “x” shapes.

↑ After going all the way back along your  $\frac{1}{2}$  stitches, you will have full cross “x” stitches.

# How to cross stitch

## Finishing a thread off

Finishing your thread off is done in a similar way to starting it off. You need to make sure this time that you leave a few inches of spare thread though so that there's enough to thread through your stitches.



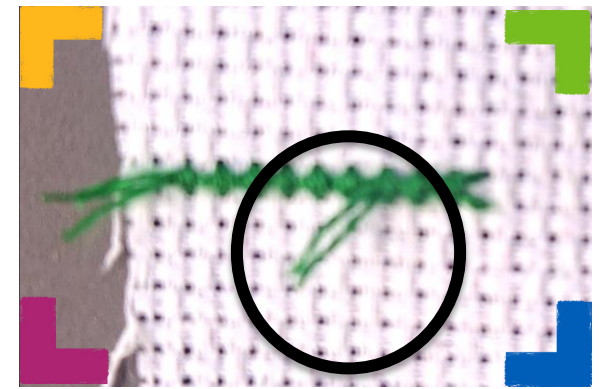
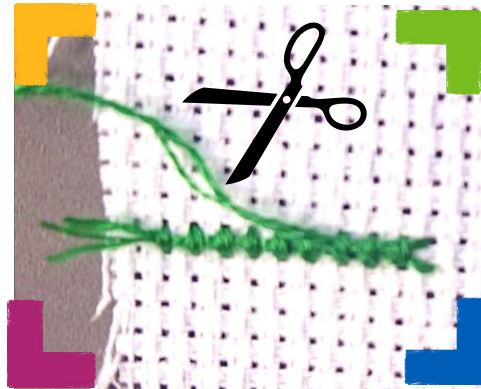
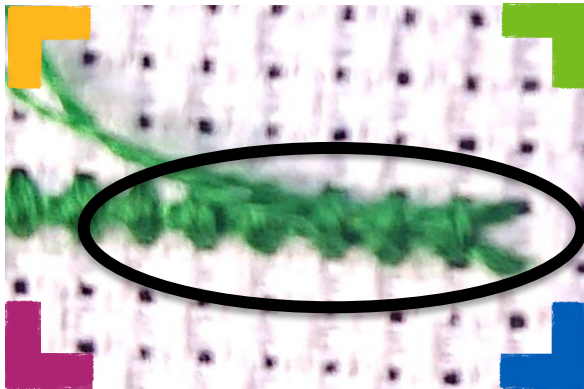
At the back of your aida, push your needle through three stitches, without going through the aida itself, otherwise your thread will show on the front too.

# How to cross stitch

## Finishing a thread off

Pull your needle and thread through these three stitches. This will secure the thread and act as a knot, the same way trapping your thread when starting did.

Now snip off the excess thread close to where it has come out of the stitches, leaving only a few millimeters to make it neat and tidy at the back and prevents loose threads being pulled through to the front accidentally with later stitching.



**Finishing  
your  
project  
(back  
stitch)**



With **all of us** in mind.

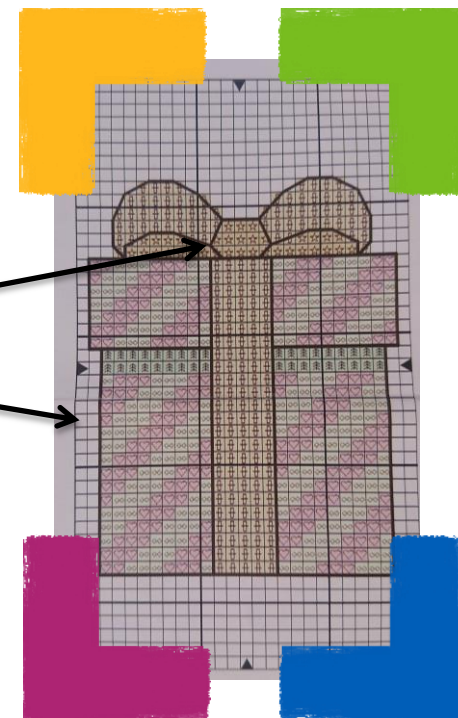
## Finishing your project

### Back stitch

Back stitch can be used to create extra features on your design, but is largely used as an “outline” to your design. On your pattern you can see a thicker black line around the outside of the design and around some of the details in the design (such as the ribbon and bow). This indicates back stitch (remember your key on page 7).

For back stitch, unless your design states otherwise, the usual standard for back stitch is a single strand of cotton from your skein (the thread made up of 6 strands of cotton we discussed on page 11). In our design, we are following this standard and therefore only need one strand of cotton.

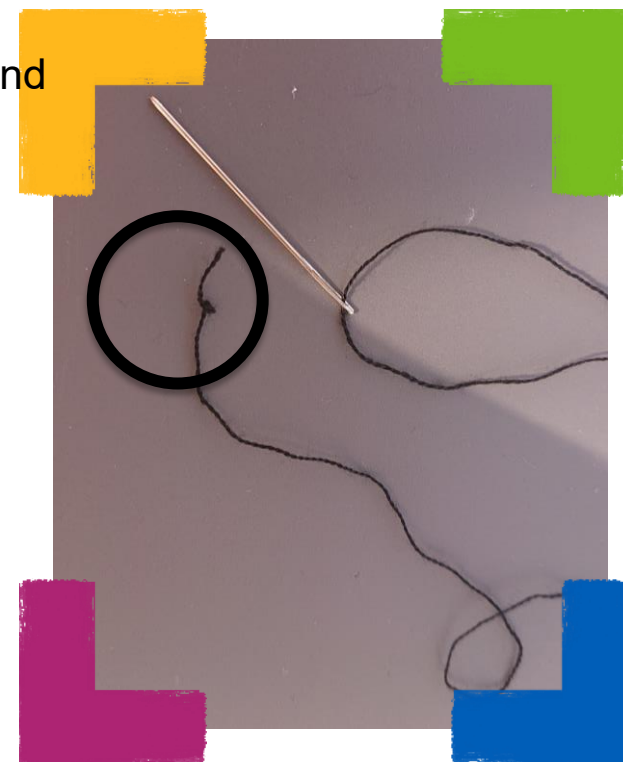
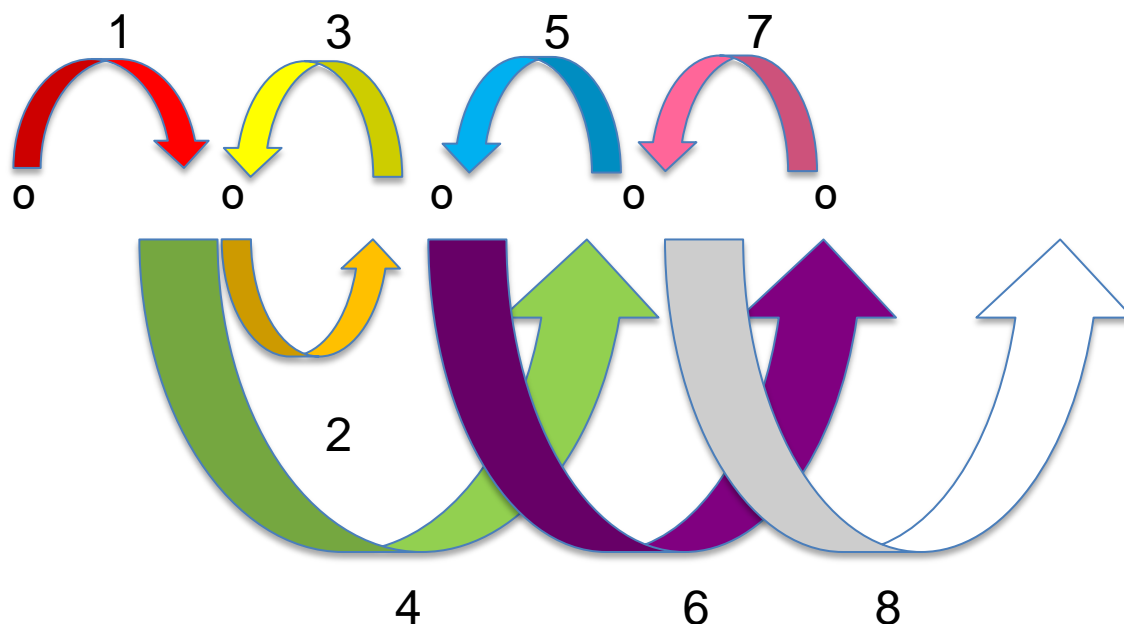
Back stitch will require you to tie a knot in the end of your strand of cotton, big enough that it won't come through the holes of the aida.



# Finishing your project

## Starting back stitch

Don't forget your knot! Start at the back and push your needle and thread through to the front of the aida. Now follow the rainbow (red, orange, yellow, green, blue, purple, pink white) and the numbers. 0 = 1 hole in the aida:



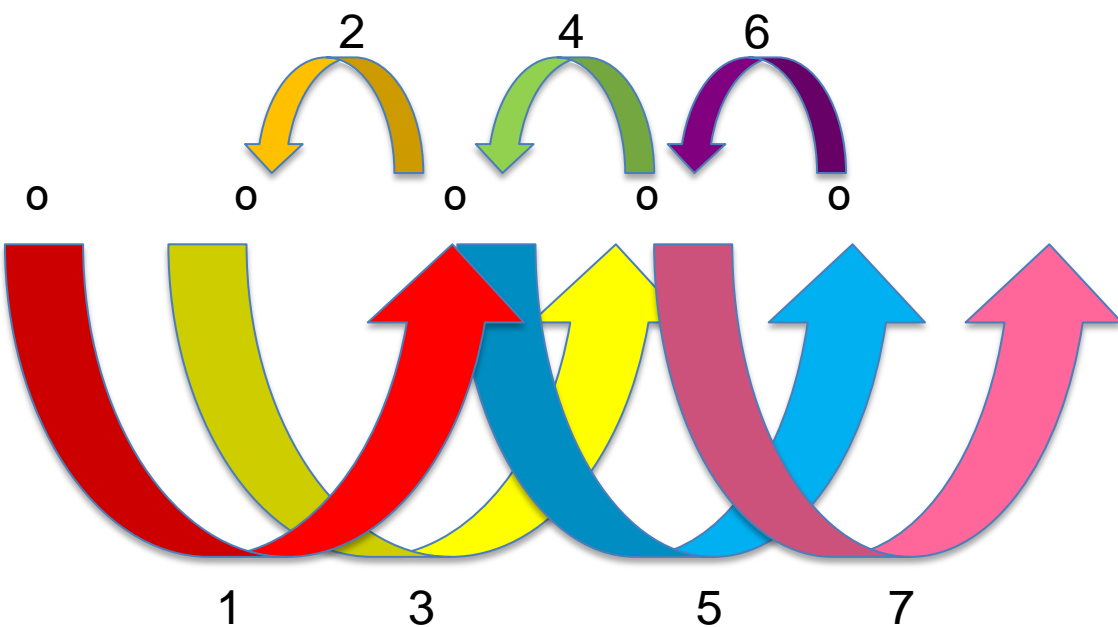
With **all of us** in mind.

See the next slide for more detail...

# Finishing your project

## A run of back stitch

Follow the rainbow (red, orange, yellow, green, blue, purple, pink) and the numbers. <sup>0</sup> = 1 hole in the aida:



Carry on like this until you have followed all of the back stitch on your pattern...





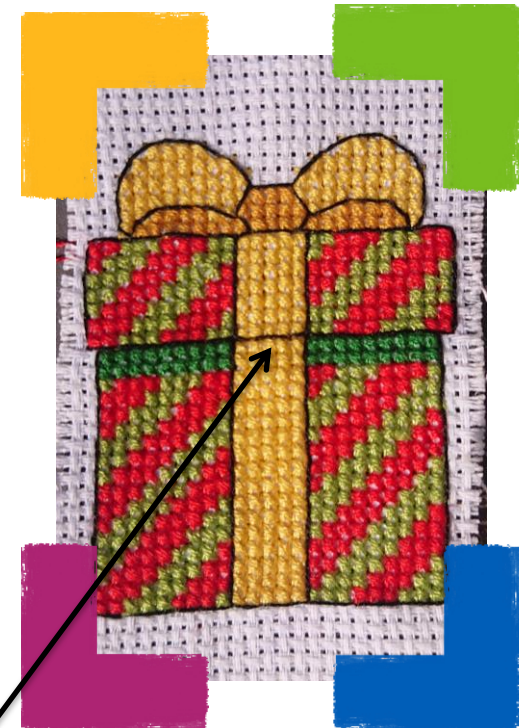
## Finishing your project

### The final piece!!

When finishing a stand of cotton that is back stitching, you will need to leave a few inches at the back of the aida and tie another knot to stop it from coming unravelled. As with a cross stitch, make sure you snip off the excess so that it is neat and tidy at the back.

You're now finished!! You can frame your picture, or stick it to some mounting card. You can even stick it to a plain gift tag or greeting card and give it as part of a gift.

*(P.S. Even those of us who have been cross stitching for years make mistakes! According to the pattern, I wasn't supposed to back stitch the black line here across this part of the yellow ribbon! Whoops!)*





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Have you got any  
questions?

Get in touch at:  
01924 316946 &  
[wakefieldrecoverycollege](https://www.wakefieldrecoverycollege.nhs.uk)  
[@swyt.nhs.uk](https://twitter.com/swyt.nhs.uk)

(we're still here!)



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