







# CENTRED HOOP DESIGN

This kind of design is a grouping of flowers and foliage arranged as a centre composition, looking like a small bouquet. This is a great starting project as I find it is the easiest to excel at, while also offering a lot of scope for experiments and variations. I like the Victorian feel of this particular composition on an oval hoop. If you're a fan of all things vintage, this design will be just right for you.

#### MATERIALS

Oval flexi hoop, 18 x 13 cm (7 x 5 inches)

Polyester tulle, 28 x 23 cm (11 x 9 inches) in the colour of your choice – I'm using light grey

Sewing thread, to match the tulle

Embroidery scissors

Micro tweezers

Sewing needle and pins

PVA glue

Paintbrushes

Scalpel

Self-healing cutting mat

Ruler

PLANTS

Preserved green butcher's broom (1 stem)

Dried pink acroclinium flower and bud (1 stem of each)

Dried white strawflower (1 flower)

Dried yellow ageratum (2 stems)

# Steps

1.

Prepare your flexi hoop with the tulle using the method with pins. Prepare your flexi hoop with the tulle. Loosen the screw, remove the outer ring, place the pre-cut tulle over the inner ring, then put the outer ring back on and partially tighten the screw. Work your way around the hoop, pulling on the overhang to make the fabric taut, then tighten the screw completely. Make sure the tautness is the same across the whole surface of the hoop: sometimes hoops can be warped, leaving a small gap between the outer and inner hoops in places. In this case, having stretched the tulle, apply a bit of diluted PVA into the crack and leave to dry. When it is dry, trim off the excess tulle.

2.

Now you're ready to start building your design. Prepare your flowers. Cut off a 10-cm (4-inch) piece of butcher's broom – from the tip or the

#### TIP

If you're using the glue method for your main cluster of flowers, don't apply the glue until right at the end. Poking the stem through the net will be enough to keep them in place while you work on the rest of the design. Once you're happy with the placement of all the elements, apply the glue to the back of the stems and leave to dry overnight.

sides, depending on the size of your original branch – plus a couple of smaller pieces, 4–5 cm (1½–2 inches), with blemish-free leaves if possible. Remove any leaves close to the bottom of the stem, leaving at least 1 cm (½ inch) to weave into the tulle. Cut an acroclinium, leaving about 5 cm (2 inches) of stem, and an acroclinium bud with about 1-cm (½-inch) stem. Detach individual ageratum flowers from the flowerhead, trying to maximize the length of the stems.

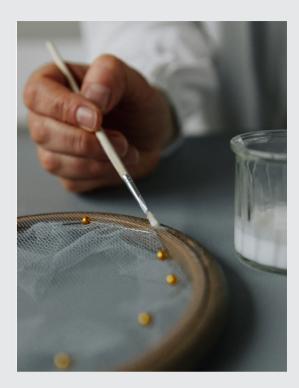
3.

Weave the bottom of your main foliage stem a couple of times through the net so it lies at a slight angle, but still fairly centred in your hoop. Secure the stem by using thread to tie it to the tulle in a couple of places further up.

4.

On the right-hand side of the foliage, towards the top, attach the acroclinium by weaving the stem into the net. Next to the acroclinium add the white strawflower and the pink bud, forming a tight triangular cluster. I prefer to weave in the bud but glue on the strawflower, to have it facing upwards, but for ease you can glue both.













#### 5.

Use the ageratum to build a couple of small berry branches, each comprising five or six flowers, on the top and right-hand side of the main floral cluster.

### 6.

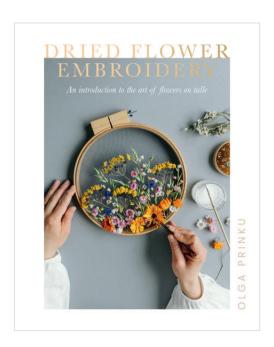
Add the smaller foliage branches to your design by weaving and tying: I've added one next to the main butcher's broom piece, and one to the left of the flower cluster at a slight angle.

## 7.

Evaluate your creation, and don't be afraid to add, remove or reposition elements. For example, I initially wasn't happy with my lower right-hand side branch so I slightly changed the curve of it by repositioning a couple of the ageratum flowers and adding another to improve the shape.

#### VARIATIONS

- Instead of the butcher's broom, try a small fern or any other type of foliage.
- For your berry branches, try using yellow firethorn berries or dwarf everlasting. These are slightly bigger than the ageratum, so you'll probably need only three flowers in each branch.
- Use white instead of pink acroclinium.
- Try a bigger hoop, using a bigger piece of foliage and more of the other elements.



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