



# Proposal for a Regional Programme Action Project

Spanning from West to East  
of Northern England

The Regional PA group  
agreed to consider a  
Regional project to highlight  
Violence Against Women  
and Girls.

## **The Aims:**

To raise awareness during 16 days of action to stop violence against women and girls.

## **Action:**

All Clubs to produce orange flowers to be distributed to MPs and local communities.

## **Outcome:**

To have achieved widespread coverage to:

**STOP VIOLENCE AGAINST WOMEN AND GIRLS.**

# Looking for a name for the project

Some suggestions:

- Wear Orange.  
*Strapline: Men Women Boys and Girls working together to end gender violence*
- Orange Flowers for Change.
- Orange Parliament
- Orange flowers of Hope
- Wear Orange Spread Hope Ending Violence Together.  
*Strapline: Standing against violence towards women and girls*
- Orange petals Powerful voices.

*Ideas for a name for the project.*

What they look like.



## Knitting Flower Pattern

### Step 1 – How to Knit a Flower Petal

For this daisy, each petal is made separately.

CO 4 sts.

P4. Kfb into each st. (8 sts). P8.

\*K2, kfb, repeat, k2. (10 sts)

P 10 sts. K 2 tog 5 times. (5 stitches) P5.

Cut yarn and leave a long tail.

Thread the tail through the 5 remaining sts. Fasten off tightly and weave in ends.

Make 5 of these petals.

Sew the side edges of each petal together with a [whip stitch](#).

### Step 2 – How to Knit Flowers – Center

You can use a small button as the center, or knit a center:

CO 3 sts. K 3 sts.

Kfb of first st, k1, kfb into last st. (5 sts).

K2 tog, k1, k2 tog. (3 sts).

K 3sts.

Cut yarn, leaving a long tail.

Pull tail through the 3 sts, secure firmly, and use tail to sew the center onto the petals.

### Step 3 – Sew the Flower Together

Cut a length of yarn approximately 12” (30cm).

Thread this yarn through the base of all the petals. Pull the yarn so that the petals group together to form a circle.

Join the first and last petals together with a backstitch. Secure your yarn and weave in the ends.

## Simple crochet pattern

Chain Four then slip stitch into first chain.

Single crochet through loop.

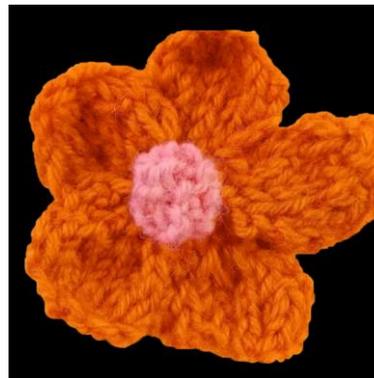
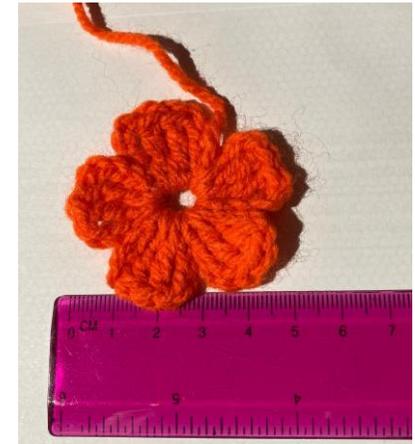
Two chains.

Two triple crochet ( wrap yarn twice) through loop.

Two Chains.

One single crochet.

Repeat for five petals but instead of last single crochet, slip stitch into first single crochet.



#### Abbreviations

All abbreviations used in this how to knit flowers tutorial are in US terms.

CO – [Cast on knitting](#)

K – [knit stitch](#)

P – [purl stitch](#)

St(s) – stitch (es)

Rep – repeat

St st – [stockinette stitch](#)

Kfb – knit into the front and back of the same stitch

Skp – slip 1, knit 1, pass slip stitch over

YO – [yarn over](#)

# Please Support The Project



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