

Father's Day Project

Sports Supporter Lanyard



**Make a handy lanyard for your keys, season tickets or work security passes.
It's the perfect gift for Father's Day (or for any other occasion!)**

Designed by Roslyn Russell from [Sew Delicious](#)

Read instructions carefully before starting the project.

Tools Required:

- Cutting mat
- Ruler
- Scissors or roller cutter
- Pins or wonder clips
- Brother Sewing Machine

Materials:

- 2 fabrics in team colours, 1 for the interior which the letters will be sewn onto and 1 for the exterior
- 1 D-ring
- 1 lobster clasp or carabiner clip
- Iron and ironing board

Construction:

1. Cut your interior fabric into 1½" wide by 32" long. Cut your exterior fabric 3½" wide by 32" long.
2. Decide on your message, team name or personalised words and have a couple of practice runs of sewing it on some scrap fabric. Once you are happy, use your interior fabric piece and carefully stitch your lettering to the fabric.
3. Snip off any stray threads from the lettering stitches and very gently press with a cool iron.
4. Take your exterior piece and press one of the long sides in ¼". Press in again ¼" to conceal the raw edge. Repeat for the other long side.
5. Slide the interior fabric into the exterior piece so the pressed edges fold neatly over the raw edges.
6. Use pins or wonder clips to hold the two pieces together. I personally find wonder clips much easier and less fiddly for this project.
7. Carefully top stitch down each folded edge of the exterior fabric, leaving 1 ½" unstitched at either end.



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7. Carefully top stitch down each folded edge of the exterior fabric, leaving 1 ½" unstitched at either end.



8. Slip the D ring onto the lanyard.



9. Flip open each end of the exterior fabric and put right sides together. Stitch the ends and fold back into place. This step might be a little fiddly. Repeat for interior fabric.



10. Press and topstitch where the ends are now secure.



11. Hang around your neck and adjust so that the lanyard sits correctly. Move the D ring to where the ends have been stitched together and stitch just above it to secure it in place.

12. Add the lobster clasp or carabiner clip.

Congratulations your Sports Supporter lanyard is complete!



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