

Can you knit?

Help us help people living with dementia while they are staying in our hospitals



Twiddlemuffs are knitted hand warmers created from different coloured and textured wool with a combination of beads, buttons, textured ribbon strands and tassels attached both inside and out.

They are perfect to keep dementia patients' hands active and busy and a fantastic distraction from the medical equipment that might otherwise be twiddled with.

People living with dementia often have restless hands and like to have something to keep their hands occupied. It provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.

Twiddleblankets can also be created with the same principles and also shawls to help patients feel cosy and warm if they are unable to wear a dressing gown comfortably due to medical equipment.



To drop off your items or for more information please contact

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How to make a Twiddlemuff

You will need:

- **Wool**, leftover and odd balls of wool are perfect in different colours and textures
- **Needles**, 6.5mm straight or 8mm circular
- **Twiddle Extras**, beads, ribbons, zips, buttons, knitted flowers etc. things that can be fiddled with but will not break or come loose and are not sharp to the touch.

Directions:

- **Cuff**, cast on 40 stitches using 2 strands of double knitting wool or 1 strand of chunky wool. Work in stocking stitch (knit a line, purl a line) for approx. 11 inches or 28cm.
- **Body**, continue with stocking stitch, swapping wool types every so often for different colour and textures. Continue for approx. 24 inches or 60cm. Cast off.
- **Finishing**, neatly sew the long edge together with the purl side facing you, turn the muff inside out to hide the seam. Push the cuff inside the muff and neatly sew the short edges together to create the muff.
- **Decorating**, chose a good selection of twiddle objects to decorate your muff, aim for a minimum of 6 items on the outside and 4 on the inside. Make sure everything is sewn on tight and well attached so they cannot be pulled off and there are no loose threads.