

slaterheelis

Twiddlemuff



Knit for
Dementia

You Will Need:

Wool

Twiddlemuffs are usually made with lots of different colours and types of wool, and will use around a 150g ball of wool – chunky wool knits up faster

Knitting needles

Size will depend on wool you are using

Tapestry needle

and excess wool for sewing the Twiddlemuff together

Materials for embellishments

You can get really creative here. Twiddlemuffs are decorated with tactile items like buttons, ribbon, trimmings, beads, pieces of felt and other interesting materials

How to Make a Twiddlemuff

What is a Twiddlemuff?

A Twiddlemuff is a popular aid for dementia and cancer patients.

It consists of a brightly coloured knitted cuff decorated with buttons, ribbons, toggles and other items which the wearer can 'twiddle' with.

Dementia patients are often anxious and like to occupy their hands by fiddling and playing with small items. The Twiddlemuff was created to help and occupy dementia patients. The bright and varied colours also work as a stimulating visual aid.

Twiddlemuffs are also known for helping cancer patients as a calming aid during chemotherapy.

A Note:

Twiddlemuffs are a fantastic pattern for those who are learning how to knit, as it is a pattern you don't have to get exactly right. Improvise. A good way to test the measurements is to test them out with your own hands! For advanced knitters, it's also a great way to try out more unusual stitches. The more interesting the material is to see and touch, the better!

Directions

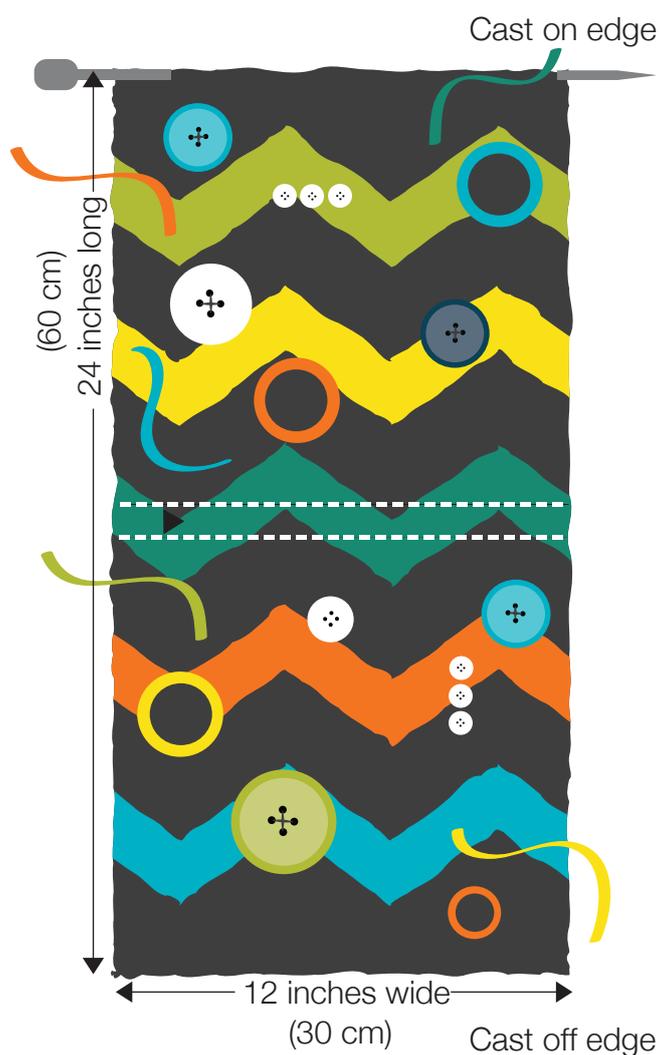
Step 1

- Depending on the thickness of the wool you are using, cast on 40-60 stitches until you reach a 30cm width
- Now knit using your favourite stitch (stockinette stitch – [knit one row, purl one row] repeat – is recommended for a smooth finish), changing wool if you want to switch colour
- Continue until your rectangle is around 60cm in length
- Cast off



Step 2

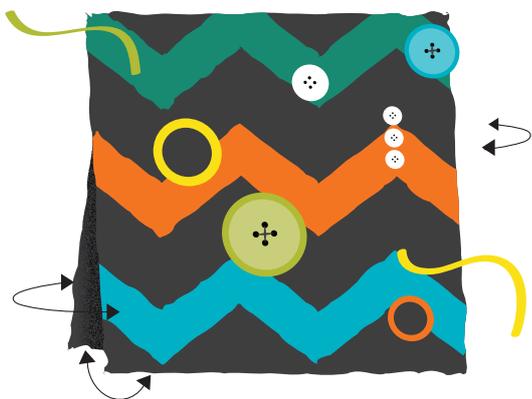
- Decorate the muff on the right side (if using stockinette this will be the smooth, 'tidy' side) with loops, ribbon, zips, beads, buttons – there is no limit here!
- Leave a strip of about 2-3cm halfway down the muff which is free of decoration



Directions

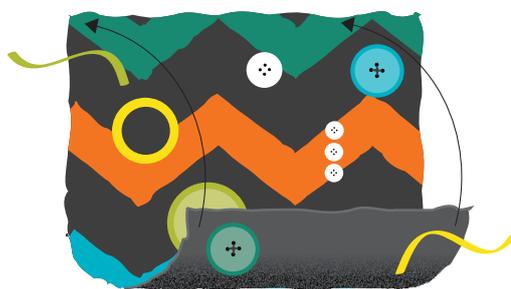
Step 3

- Now fold the strip in half along the 2-3cm strip so the decoration shows on both sides, and sew up the three open edges



Step 4

- Sew the cast on/cast off edge to the folded edge together to create a muff which has double thickness – there will be decorations inside and outside the muff



Congratulations, you have made a Twiddlemuff to help those with dementia!

Please drop off your finished Twiddlemuffs to:

Slater Heelis LLP

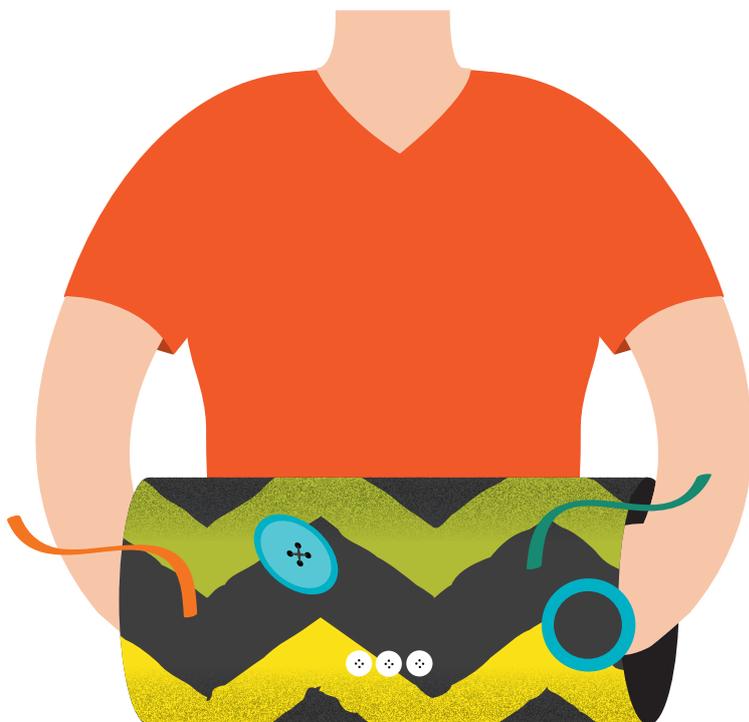
Lloyds Bank Building

16 School Road

Sale

M33 7XP

Or post to the same address.



Any queries please call

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