

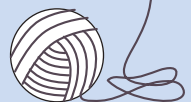


Twiddlemitts

How to support patients with dementia by knitting a basic hand mitt

Do you knit? Have you heard of Twiddlemitts?

They're a knitted band that we can attach items to that a patient with dementia can twiddle in their hands on the wards at Central Manchester University Hospitals. They help stimulation whilst warming hands. We've found they are simple to make and valuable to our patients. So pull out your needles and help us to create a handmade gift for our patients, this winter.



Twiddlemitt instructions

① What you will need

- Wool - approx one 150 gram ball will probably be enough - it varies a great deal depending on the individual wool.
- 1 Pair of needles (size depends on the type of wool you want to use).
- A tapestry needle (for sewing up).
- Oddments of yarn, ribbon, trimmings, buttons, beads etc for embellishment.

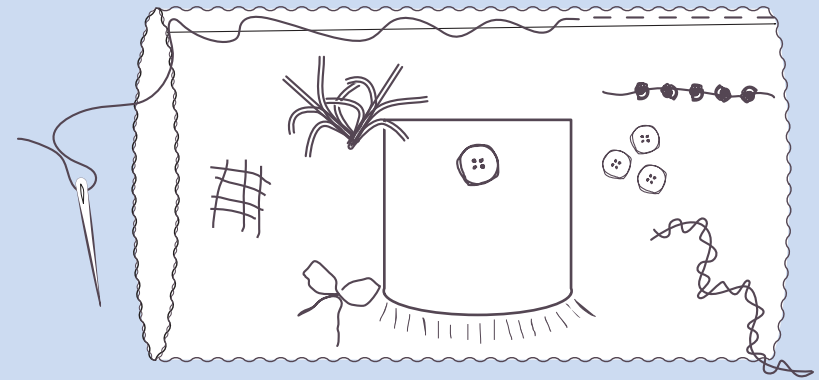
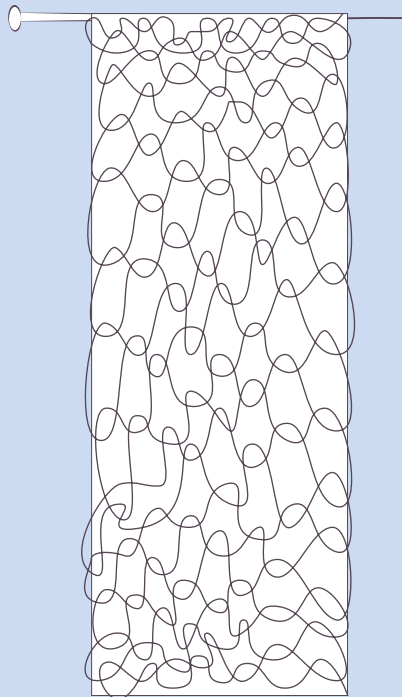
② Directions

Cuff (Twiddlemuff lining)

- Cast on 40 stitches using 2 strands of double knitting wool. You can also use 1 strand of chunky wool.
- Work in stocking stitch (knit a line, purl a line) for 11 inches (28cm).

Muff Body

- Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snugly, eskimo, ribbon and chenille.
- Knit until it measures 23 inches (58.5cm).
- Cast off.



③ Finishing

- Neatly sew the long edges together with purl side facing you.
- Turn the muff inside out.
- Push the cuff (lining) up inside the muff body and neatly sew the cast on and cast off edges together.

④ Decoration

- Now is the time to decorate your Twiddlemuff. Here are a few things to consider:- Choose a good variety of decorations: beads, pastel colours, depending on whether the Twiddlemuff is a male or a female.
- Try to include at least six decorations on the outside and four on the inside. You can add more if you like.
- Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads.
- Include bits and bobs on the inside too. Agitated hands can then be soothed and kept warmed at the same time.