

## Twiddlemuff Pattern

A Twiddlemuff is a double thickness hand muff with bits and bobs attached inside and out. It is designed to provide a stimulation activity for restless hands for patients suffering from dementia.

### What you'll 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.

### Getting started:

This pattern can be knitted in any wool but you will need to adjust the number of stitches you cast on depending on the size of the needle and the type of wool. Look on the ball band, if there is one, of the wool for information about needle size and tension. Because of the simple nature of the pattern the measurements do not have to be exact and you can easily test them out on your own hands!

Double knit wool on size 5-7 needles comes out at about 5 to 5.5 stitches per inch.  
Chunky wool on size 7-9 needles comes out at about 4 to 5 stitches per inch.

The width of the Twiddlemuff needs to be about 12 to 13 inches wide (this is the length of the muff – so you can check against your own hands to see if you have made this the right size). The length of your knitting needs to be twice the width.

### To begin:

If you are using a lighter wool, cast on 60 stitches, or the number of stitches to give you about 30cm width.

If you are using a chunky wool, cast on 48 stitches.

### Beginners:

Keep knitting until you reach about 24 inches / 60 cm or double the width.

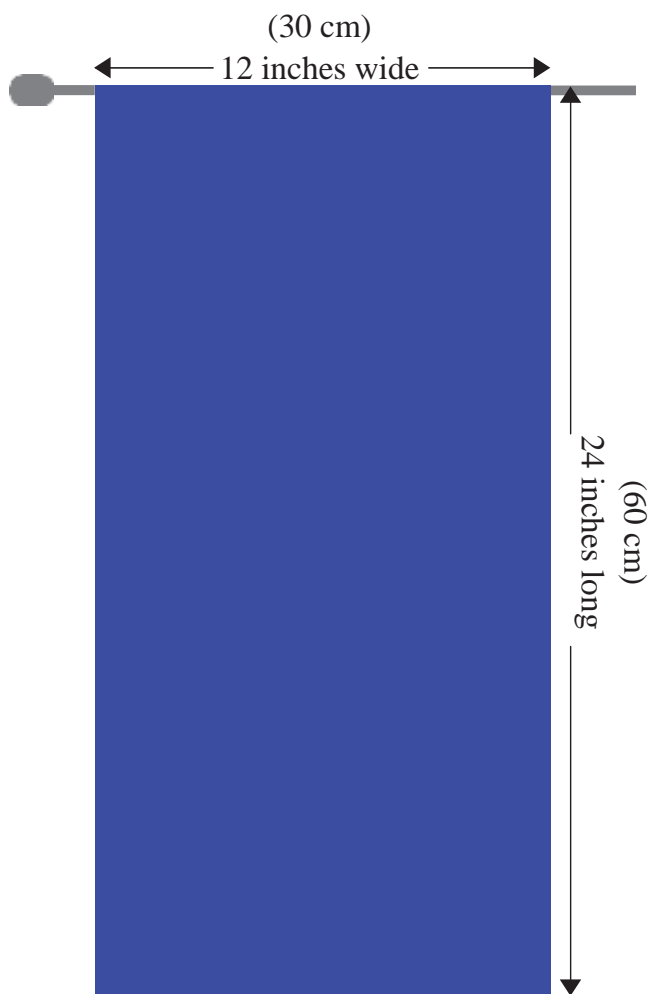
Or try stocking stitch – one row knit, the next row purl for a smooth finish.

### Advanced:

Use the Twiddlemuff to try out patterns and techniques on a small and easy project.

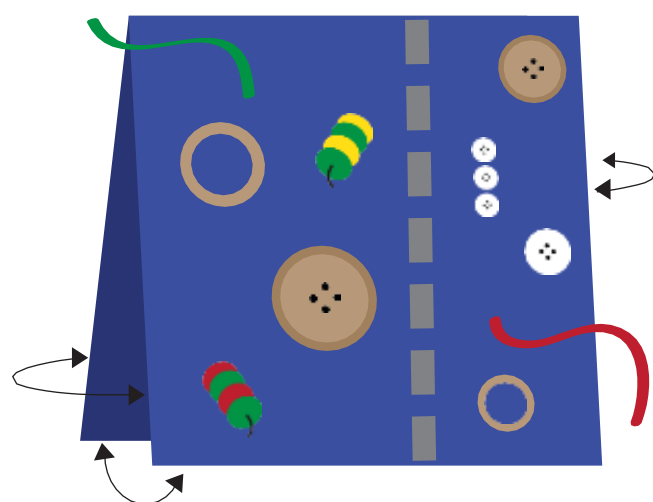
### Both:

Keep knitting until you have approx. 24 inches / 30 cm in length and then cast off.

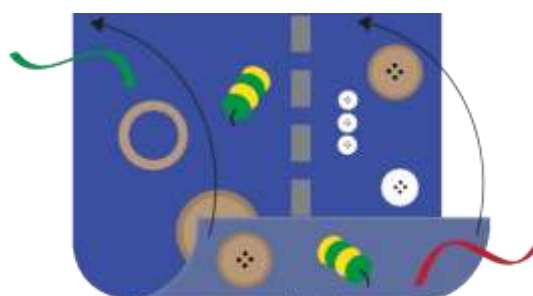


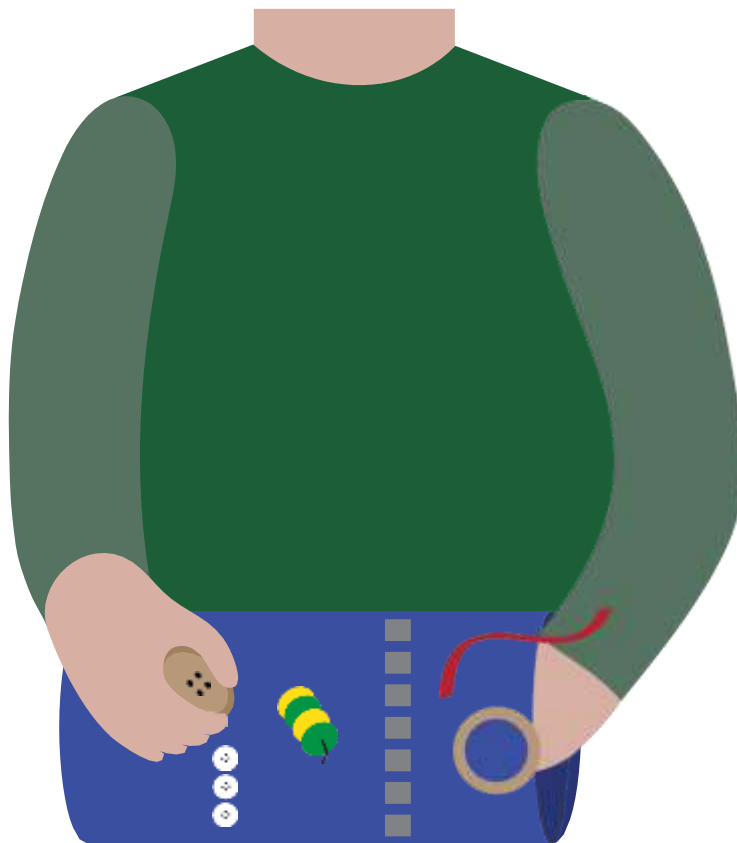
Decorate the Twiddlemuff on the right side of the knitting. Leave a small area halfway down that is free of decoration.

Fold along the middle, with the decoration showing on both sides and then sew up the three open edges.



**Sew** the cast on / cast off edge to the fold edge together to make a tube that has double thickness and is decorated inside and out.





After the show, GHS will send the entries to Knit for Peace who will distribute these via NHS Hospitals in the UK. The patient then gets to take them home with them so there is always demand for more.

Knit for Peace is a charity – we match knitters with good causes. Many keen knitters need outlets, so our distribution service is a much needed resource. Knitting is good for the knitter and the output keeps people warm: it's win, win.

We also support projects to help get people knitting both overseas and in the UK – we take donations of yarn and equipment but also need donations of money to sustain this and the rest of the work we do.

You can find out more about how to help (and plenty more patterns) at:

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