

Twiddlemuffs

Support patients with dementia by knitting a hand muff

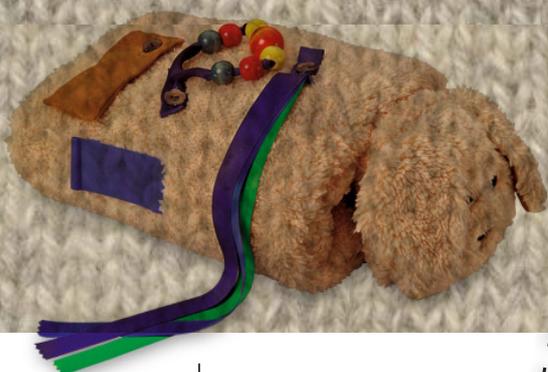
Have you heard of Twiddlemuffs?

Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and out.

They have been designed and developed to provide simple stimulation for active hands, while promoting increased flexibility and brain stimulation. Many patients with dementia have found the Twiddlemuff reassuring and comforting.

We'd be delighted if any willing knitters could help us to create Twiddlemuffs as part of our dementia awareness work. Don't worry if you are not an expert; the pattern is very simple. If you aren't a knitter but still want to support the cause, we would welcome donations of new wool, buttons, beads, ribbons, zips, or anything that could be used to enhance the muffs safely.

We're doing a wide range of work to support patients with dementia. These muffs will provide our patients with something to sooth restless hands and minimise agitation. When choosing colours please bear in mind our female patients prefer pastel colours and shades, where as our male patients would rather have strong, contrasting colours.



If you would like further information about Twiddlemuffs, please contact:

Angela Barton on 07870 156033

or

angela.barton@heartofengland.nhs.uk

Please send your completed Twiddlemuffs or donations to:

Twiddlemuffs c/o Angela Barton

DADOT Office (Ward 10 corridor)

Solihull Hospital

Lode Lane

Solihull

B91 2JL



Materials

- This muff pattern is perfect for using up left over and odd balls of wool. Different textures of wool are also good for stimulation.
- Needles: 6.5mm straight needles or 8mm circular.
- Beads, zips, ribbons, things that can be twiddled with but will not break and are not sharp to touch or brittle.

Directions

- Cuff 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 (28 cm).

Muff Body

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

Finishing and decoration

- Neatly sew the long edges together with purl side facing you.
- Turn the muff inside out.
- Push the cuff up inside the muff body and neatly sew together the two short ends.
- 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.