

Twiddle Muffs

How to support patients with dementia by knitting a basic hand muff.

Do you knit? Have you heard of Twiddlemuffs? 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 East Lancashire Hospitals.

They help stimulation whilst on the wards and we've found they are simple and valuable to our patients.

We'd be delighted if any willing knitters out there could help us to create more **Twiddlemuffs** as part of our dementia awareness work.

We're doing a wide range of work to support patients with dementia at our hospitals.

Please contact us at dementia@elht.nhs.uk if you need any further information.

You can drop off your completed Twiddlemuffs at any of our hospital main receptions.



Twiddlemuff instructions

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1. Materials

- > This muff pattern is perfect for using up left over and odd balls of wool.
- > **Needles:** 8mm circular (I preferred to use 6.5mm straight needles).

2. 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 pearl a line) for 11 inches.

Muff Body:

- > Continuing with stocking stitch and using up oddments of various textures of wool ie: chunky, mohair, ribbon.
- > Until work measures 23 inches.
- > Cast off.

3. Decoration and finishing

- > Now is the time if you want to decorate the muff body with beads, flowers, zips, loops etc.
- > Neatly join side sides together with pearl side facing you.
- > Turn inside out.
- > Push the cuff up inside the muff body
- > Neatly sew together the two ends as pictured above.



Thank you for your support!