

Twiddlemuffs

How to support patients with Dementia by knitting a basic hand muff

Do you knit? Have you heard of Handmuffs

People with dementia often have restless hands and like to have something to keep their hands occupied. Twiddlemuffs are a knitted muff with items attached so that a patient with dementia can place their hands in them and twiddle ! They provide a wonderful source of visual, tactile and sensory stimulation and at the same time keep hands snug and warm.



We are hoping that volunteers (staff, patients and visitors) will come forward to put their knitting skills to good use to help us to create more Twiddlemuffs. The soft knitted muffs may contain strands of textured ribbons, beads and various fabrics attached both inside and outside, and can be costly if ordered from the internet so we are hoping that volunteers will come forward to put their knitting skills to good use. This project is part of a wide range of work to support patients with dementia and we would love to have your help.

If you would like knitting instructions (pattern) or if you need any further information, please contact Karen.Bush@ldh.nhs.uk or voluntaryservices@ldh.nhs.uk, or call 01582 497357 . Thank you for your support!



If you cannot knit, but would like to contribute to this project, donations of wool, oddments or full balls, plus decorations – large buttons or beads, ribbons, squishy things, tiny teddy bears etc will all be gratefully received.

Washing instructions: hand wash at 30°C – carefully! Leave to dry flat. No dryers!

Twiddlemuffs

How to make one:

Materials needed:

- Left over and odd balls of wool. Different textures of wool are also good.
- Needles: 8mm circular or 6.5mm straight needles



Directions

Cuff:

Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (one plain colour works best). Work in stocking stitch (knit a row, purl a row) for 11 inches.

Muff Body:

Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc until the work measures 23 inches (two strands of double knit for two rows each gives a lovely assortment of colours). Cast off.

Finishing:

If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out). Turn inside out and push the one colour cuff up inside the muff body. Sew the two ends together, again using a neat edge to edge stitch.

Decoration:

Now you can decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Try to include at least six decorations on the outside and four on the inside. You could always knit and attach a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached and there are no loose threads !