

TWIDDLEMUFF



USE UP
YOUR CRAFT
STASH!

BUTTONS & BOWS

*This textured hand muff is an ingenious item to help those with dementia. By **King Cole**.*



TWIDDLEMUFF

YOU WILL NEED

- King Cole, Fashion Aran (70% acrylic, 30% wool, 100g/200m)
1 ball of:
Yarn A Red (009)
 - King Cole, Moments (100% polyester, 50g/90m)
1 ball of each:
Yarn B Red (478)
Yarn C Yellow (1610)
 - A pair of 5mm needles
 - Assorted buttons
 - Ribbon or cord
- For yarn stockists contact King Cole 01756 703670 www.kingcole.com

TENSION

Tension is not critical for this project

MEASUREMENTS

30cm (12in) long and 30cm (12in) circumference

ABBREVIATIONS

MB Make Bobble: K1, P1, K1 into next st, turn, K3, turn, P3, turn, K3, turn, slip 2nd and then the 1st on left-hand needle, k1tbl

Twiddlemuffs are double thickness handmuffs that are given to those with dementia to provide a stimulation activity for restless hands. Red and yellow are the colours that people with dementia find easiest to see, and the buttons, ribbons and bobbles are designed to be calming as well as creating interesting textures both inside and outside the muff.



K TWIDDLEMUFF

Cast on 54 sts using 5mm needles and Yarn A.
Work 4 rows in garter st.
Change to Yarns B and C held together.
Work 4 rows in garter st.
Change to Yarn A.
Work 8 rows in st st.
Change to Yarns B and C.



Work 6 rows in garter st.
Change to Yarn A.
Cont in st st until work measures 18cm.

Next row (K4, k2tog, yo) 10 times, K4.
Cont in st st until work measures 27cm.

Change to Yarns B and C.
Work 6 rows in g st.
Change to Yarn A.
Work 4 rows in garter st.
Mark end of last row with scrap yarn.
Work 4 rows in garter st.
Work 8 rows in st st.
Change to Yarns B and C.
Work 12 rows in g st.
Change to Yarn A.
Work 8 rows in st st.

Next row K6, (MB, K7) to end.

Work 3 rows in st st.

Next row K10, (MB, K7) 4 times, MB, K to end.
Work 3 rows in st st.

TWIDDLEMUFF

Rep last 8 rows.
Work 6 more rows in st st.
Work in g st until the second half equals first to marker.
Cast off.

TO MAKE UP

Sew a selection of buttons randomly across the stocking stitch sections. Sew the twiddlemuff into a tube along the long edges. Tuck the lining into the tube using the marked row as a fold line. Secure the folded edge with a line of running stitches. Stitch the cast-off and cast-on edges together at the other end to secure the lining in place. Run ribbon or cords through the eyelets.



Get creative with textures! Knitted bobbles and soft fur yarn are used on this twiddlemuff to create different raised effects.

WHO WOULD LIKE THIS ITEM?

Knit for Peace is an initiative of the Charities Advisory Trust that matches knitters with good causes. Its distribution service is a much-needed resource to help knitters support projects both overseas and in the UK, and sends out knitted items to more than 80 outlets including hospitals, women's refuges, refugee drop-in centres, prisons, community groups and hospices. Knit for Peace is currently looking for adult and children's clothing, baby teddies, bed socks, scarves and adult hats, plus specialist items such as the twiddlemuffs featured here, which the charity distributes via the NHS to patients in hospitals. As well as knitted items, the charity also takes donations of yarn, equipment and money to sustain the work it does. For more information on how you can use your skills for the charity, visit www.knitforpeace.org.uk, where you'll also find lots of free patterns to help you complete the required items.

