

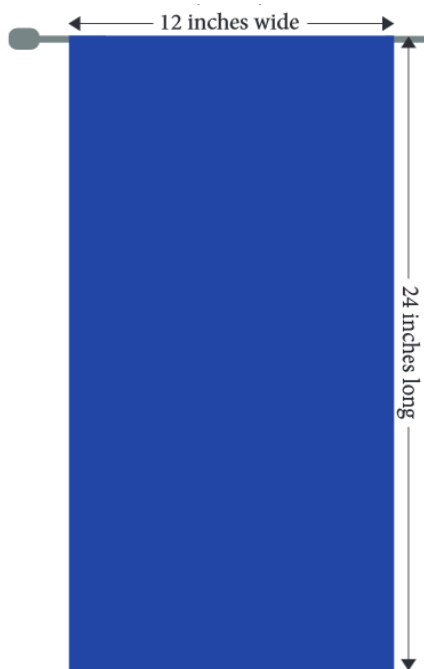
TwiddleMuffs

A TwiddleMuff is a woollen muff, with twiddles attached inside and out, designed to provide a stimulation activity for the restless hands of disoriented or confused patients particularly those with dementia. When distributed at the hospital, they are labelled with the patient's name to prevent any cross infection and patients will be able to take them home with them so there will always be a need for many more to be made.

Muffs can be knitted with odds and ends of different types of wool. You will need:

- Wool oddments – approx. 150g will probably be enough, but it can vary.
- 1 Pair of needles (size depends on the type of wool you use).
- A tapestry needle for sewing up.
- Oddments of yarn, ribbon, trimmings, buttons, beads etc. for decoration.

The width of the TwiddleMuff should be about 12 inches (30 cm.) wide. The length of your piece of knitting needs to be twice this width to provide a lining.



If using lighter wool, cast on 60 stitches, or the number of stitches to give you about 30cm width. Muff sizes vary and this is OK.

Using chunky wool or 2 strands of finer wool; use 40 - 45 stitches.

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

Most knitters use stocking stitch at first for a smooth finish and after about 12" add different colours and stitches to add variety, interest and/or texture. It is your choice.

Keep knitting until you have approx. 24 inches / 60 cm in length and then cast off.



Fold along the long length, inside stitches facing you and sew along this length. See left.

Turn the muff inside out so the right side is showing. (*Below left*)



Now decorate the TwiddleMuff on the right side of the knitting. Remember to add at least 3 or 4 twiddles to the first 12" rows that you knitted which form the inside of the muff.

Finally sew the cast on and cast off edges together.

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