

Knit and Natter at Market Hall Museum
Every 1st Wednesday of the month 1.30pm - 3.30pm

Twiddlemitt Pattern

Market Hall Museum is supporting Warwick Hospital and its own Dementia Café by making Twiddlemitts for people living with dementia.

Twiddlemitts provide stimulation and users touch and feel the objects stitched on the inside, and can then turn the mitt inside out, to twiddle with items stitched on the outside, keeping their hands occupied.

If you would like to have a go at making one see the pattern overleaf. You can drop finished Twiddlemitts into the donation boxes in the museum cafe or come along to our monthly Knit and Natter session, every 1st Wednesday of the month from 1.30pm - 3.30pm. It's a free event and you can meet fellow crafters. Can't knit... then come along and learn. 10% off in the cafe.



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INSTRUCTIONS

MATERIALS NEEDED: Any type and any oddments of wool/mohair. 8mm circular needles or 6.5mm straight needles (but any number close is fine too).

FOR THE CUFF:

*Cast on 40 stitches using 2 strands of double knitting wool (or 1 strand of chunky wool)

*Knit in Stocking stitch (knit a row, purl a row) until the work measures 11 inches / 28cms

FOR THE MITT BODY:

*Continue with stocking stich, using different colours and textures of wool, until the work measures 23 inches / 58.5cms

DECORATION AND FINISHING:

*Neatly join the two sides together, to make a tube, using blanket stitch or any stitch you know that makes a nice edge. Make sure the purl side is facing you

*Turn inside out

*Push the cuff up inside the muff body

*Neatly sew together the inside cuff and outside body together

*Turn inside out and decorate. Turn outside in and decorate.

You can use lots of different objects to decorate the mitts. Suggestions for a man, use nuts, washers, rubber bands, a rubber, buttons, paperclip, keyring holders, plastic, leather and smooth metal. Suggestions for a twiddlemitt for a female, buttons, bows, ribbons, scrunchies, pompoms, the list is endless.

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