

Tunbridge Wells Dementia Forum Twiddle Mitt Knit Appeal

Please donate your completed Twiddle Mitts in the Collection box at the **Tunbridge Wells Gateway** (8 Grosvenor Road, Royal Tunbridge Wells, TN1 2AB) or donate to the collection box of Tunbridge Wells Library (Mt Pleasant Road, Royal Tunbridge Wells, TN1 1NS) by the **31st May**.

For more information, visit our Knit Appeal webpage:
www.TWellsKnitAppeal.com

#TWellsKnitAppeal

In the run up to Dementia Awareness Week (14th – 20th May) 2017 the Tunbridge Wells Dementia Forum are running a Twiddle Mitt Knit Appeal.



Twiddle Mitts can help to calm people living with dementia, keeping restless hands busy and reducing anxiety. They're usually knitted or crocheted Mitts that are covered in beads, buttons, ribbons and pompoms to 'Twiddle'.



ASSEMBLY HALL
THEATRE



Note: Please make sure that all materials used are machine-washable, all sewn-on embellishments are securely stitched in place, and all ends are securely woven in. Any ends that are to be left for twiddling should be non-fray.

Twiddle Mitt Knitting Pattern

Materials

- 6.5mm straight needles (or 8mm circular).
- Wool of different types and textures. The Mitt can be knitted in chunky wool or 2 strands of double knitting (this sometimes helps to get more textures into the mitt). Roughly 200g.
- Beads, zips, ribbons and things that can be twiddled but aren't sharp to touch or brittle (eg pompoms, buttons etc).

Directions

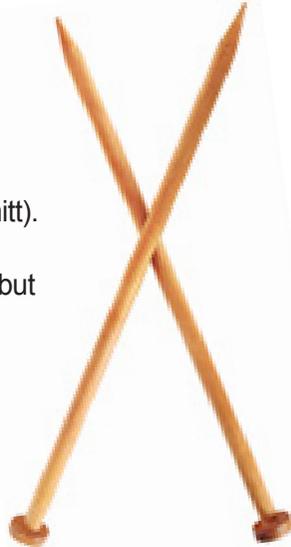
- Cuff (Twiddle Mitt Lining)
- Cast on 40 stitches using either 2 strands of double knitting or 1 strand of chunky wool.
- Work in stocking stitch (knit a line, purl a line) knit until cuff measures 11 inches (28cm).

Mitt Body

- Continuing with stocking stitch begin to introduce your chosen different wool textures (eg mohair, snuggly, ribbon, chenille). If you feel confident in other knitting stitch types (such as moss or cable stitch etc) you could also use these to create more textures.
- Knit until whole unit measures 23 inches 58.5cm). Cast off.

Finishing and Decoration

- Start to decorate your Twiddle Mitt by securely attaching all your chosen decorations to the knit side of both the cuff and Mitt body. Try to include at least 5 decorations on the outside and 4 on the inside.
- With knit sides together, securely sew the edges of the Mitt.
- Turn the Cuff side of the Mitt over across the Mitt body (so the purl sides are together) and neatly sew the cast on and cast off edges together.
- Turn the mitt inside out and admire your finished mitt.



Twiddle Mitt Crochet Pattern

Materials

- Hook: 8mm (or size required for tension)
- Chunky wool (roughly 200g)
- Beads, zips, ribbons and things that can be twiddled but aren't sharp to touch or brittle (eg pompoms, buttons etc).
- Tension: 10 stitches and 9 rows to 4". Finished dimensions: S/M 10.5" long by 7" diameter, laid flat. M/L 10.5" long by 7.5" diameter, laid flat.

Abbreviations:

- o ch - chain
- o dc - double crochet
- o dtr - double treble crochet
- o htr - half treble crochet
- o sts - stitches
- o sl st - slip stitch

Directions

- Inner/ Outer sleeve: (make 2)
- With yarn and 8mm hook chain 36 (40). Taking care not to twist the chain
- Slip stitch into furthest chain from hook to make a ring.
- Round 1 (RS): Ch 1 (does not count as first stitch), 1 htr in same ch, 1 htr in each ch to end of round, place marker if using, 36 (40) sts.
- Round 2: 1 htr in each st to end, move marker to denote new end of round, 36 (40)sts.
- Rounds 3-21: Repeat round 2. Alternatively, if you feel confident in other stitches such as Bubble, crocodile or oyster) you can use these to create texture.
- Round 22: 1 htr in each st until 1 st remains, 1 dc in next st, sl st in next st.
- Fasten off and break yarn leaving a long tail (at least 2 metres) for finishing off.

Decorate inner and outer sleeve

Embellish each sleeve as desired with buttons, zips, beads and ribbons.

Join inner and outer sleeves

Turn the inner sleeve inside-out and slip it inside the outer sleeve. Make sure that you have one long yarn tail at either open end. Using 8mm hook and long yarn tail join the inner and outer sleeve together by working a round of dc, working into the starting chain of one layer and the final round of the other. Do this at each end to form a double-layered tube.

