

Tunbridge Wells Dementia Forum

Twiddle Mitt Knit Appeal

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'.

For more information, visit our Knit Appeal webpage:

www.TWellsKnitAppeal.com

#TWellsKnitAppeal



ASSEMBLY HALL
THEATRE

