

Twiddlemuffs (Sensory Bands - Knitted)

Created from an idea at Warrington Hospital for Dementia patients. These are very easy to knit and are great fun to make.



Size 7mm needles and 100g ball DK and small amounts of other yarns

Cast on 40 sts, using either 2 strands of DK or 1 strand of Chunky yarn.
Work in stocking stitch for approx 11 inches or 28cm.
This forms the lining of the Twiddlemuff.

Now continue knitting to form the outside of the Twiddlemuff.
This section needs to be 12 inches or 30cm, and you have a lot of choice as to how you proceed. I use 1 strand of DK and add 1 strand of another yarn to create seven bands of eight rows, changing the 2nd yarn for each band. You can use your own imaginations to create the outside as you wish. The 2nd yarn can be: mohair, eyelash yarn, funky fur, chinelle yarn, or many of the fancy yarns that exist nowadays. A single chunky yarn can also be used. Twiddlemuffs are ideal for using up odd amounts of yarn.

12" of 'Outside' 11" of 'Inside'

The muff now needs its 'Twiddles' to be added. It's up to you what you sew on the inside. You can use buttons, toggles, beads and crochet flowers. About 6 items is good. Also sew decorative buttons on the outside and you can use ribbons, zips, etc. Once the sewing on has been done, it's time to sew up the muff. Fold the muff lengthwise, right side edges together. Oversew or backstitch seam. You now have a long tube. Fold the top of the outside edge down to the bottom of the lining edge and either slip stitch or crochet the two edges together. Your Twiddlemuff is now finished.

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