

Knitted Twiddle Muff

Materials

Odd balls of wool—especially ones with different textures eg. mohair, chenille, chunky, snuggly.

6.5 mm straight needles or 8mm circular

Beads, zips, ribbons—items which can be twiddled with but will not break and are not sharp to touch or brittle



Instructions

Cuff—cast on 40 stitches using 2 strands of double knitting wool or 1 strand of chunky wool

Work in stocking stitch (1 row knit, 1 row purl) for 11 inches (23 cms)

Body—continue with stocking stitch and use up any oddments of various textures of wool until work measures 23 inches (58.5 cms)

Cast off.

Finishing and decorating

Neatly sew the long edges together with purl side facing you.

Turn the muff inside out

Push the cuff up inside the muff body and neatly sew together the two short ends.

Decorate the Twiddlemuff using a good variety of decorations: beads, ribbons etc.

Try to include at least six decorations on the outside and four on the inside.

Make sure everything is sewn on securely so they cannot be pulled off and there are no loose threads.

Include bits and bobs on the inside too. Agitated hands can then be soothed and kept warm at the same time.

Donate your finished Twiddle Muff to the Dementia Unit of a local residential home or hospital.