



# Discovery's Guide To Twiddle Muff Making



## Supporting Patients with Dementia

# Put Your Knitting Skills To Use

## Volunteer Call to Action!

Hello wonderful humans, Discovery would like to urge you amazing knitters and crocheters to put your talents to great use by help create/make twiddle muffs as our way of supporting people with dementia.

## What are Twiddle Muffs ?

Twiddle muffs (or twiddle mitts) are knitted hand-warmers that provide sensory stimulation for people living with dementia.

People with dementia often have restless hands and like to have something to keep their hands occupied.

A twiddle muff provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.

## Supporting Materials

Not an expert, no worries the twiddle muffs and patters are easy to make , but if you are no a Knitter but would still like to contribute then we very much would welcome welcome donations of wool, buttons, beads, ribbons, zips or anything else that could be used to enhance the muffs safely.



# What You'll Need & How To Get Started



## MATERIALS

- Acrylic Wool; plain, thick, thin, chunky, mohair, ribbon approx one 150 gram ball will probably be enough.
- Knitting Needles: 8mm circular or 6.5 straight needles
- Beads, ribbons zips, items that can be twiddled with that will not break and are not sharp to touch or brittle



## INSTRUCTIONS

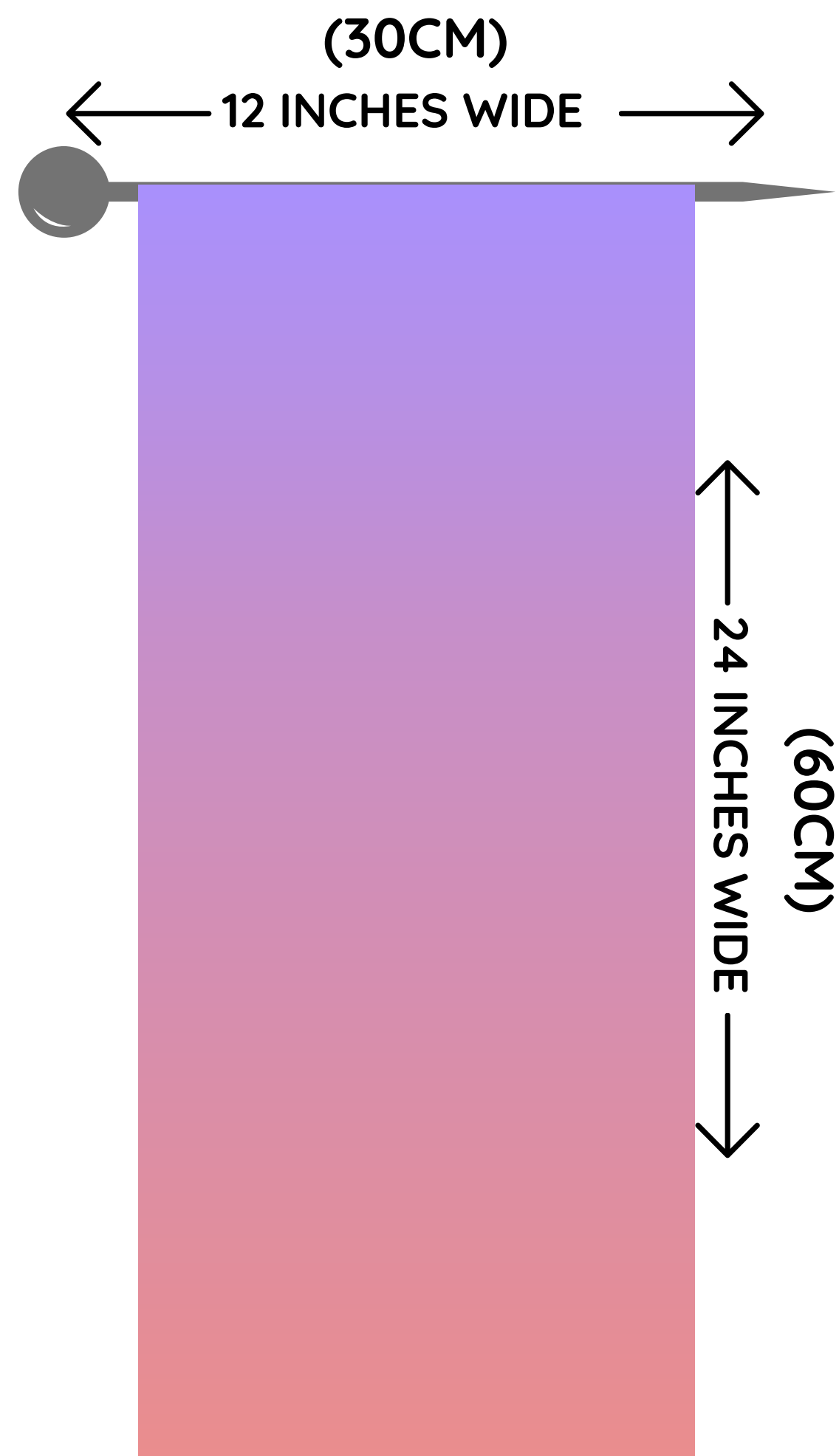
### MUFF CUFF

- Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool.
- Stock stitch (knit a row, purl a row) for 28 cm or 11 inches.



### MUFF BODY

- Continue in stocking stitch for another 58 cm or 23 inches using different wool colours and textures as you go, (chenille, snuggly, chunky)
- Cast off





# Discovery Volunteers, Log Your Hours & Get Your Money Back!

## Ts & Cs

- For **Discovery Volunteers** that have made, sent to the Discovery office and **received confirmation** that Discovery have **received your Twiddle Muff**, you are then eligible of receiving **up to £5** of expenses for materials used.
- We **would encourage** that people use **free/cheap/left over items /recycled** items when making their Twiddle Muffs.

## LOGGING YOUR HOURS

- Any time spent making Twiddle Muffs can for Discovery volunteers be logged as volunteering hours under **Virtual Volunteering**.

