

# Twiddlemuffs

## How to support patients with dementia by knitting a basic hand muff



### *Do you knit? Have you heard of Twiddlemuffs?*

They're a knitted muff with items attached so that a patient with dementia can twiddle in their hands on the wards at the RD&E. People with dementia often have restless hands and like to have something to keep their hands occupied. It provides a wonderful source of visual, tactile and sensory stimulation and at the same time keeping hands snug and warm.



We are hoping that volunteers (staff, patients and visitors) will come forward to put their knitting skills to good use to help us to create more Twiddlemuffs as part of our dementia awareness work. The soft knitted muffs contain strands of textured ribbons, beads and various fabrics attached both inside and outside, and can be costly if ordered from the internet so we are hoping that volunteers will come forward to put their knitting skills to good use. This project is part of a wide range of work to support patients with dementia in a project called ForgetMeNot  and we would love to have your help.

Please contact us at [Debra.Cheeseman@nhs.net](mailto:Debra.Cheeseman@nhs.net) or [Gaynor.Hitchcock@nhs.net](mailto:Gaynor.Hitchcock@nhs.net) if you need any further information.  
*Thank you for your support!*

*or send your completed Twiddlemuff to us via:*  
Twiddlemuffs  
C/o Health Information Centre (Main Entrance)  
Royal Devon and Exeter NHS Foundation Trust  
Barrack Road Exeter EX2 5DW

If you cannot knit, but would like to contribute to this project, donations of wool, oddments or full balls, plus decorations – large buttons or beads, ribbons, squishy things, etc! will also be gratefully received.

With grateful thanks to Warrington and Halton Hospitals whose idea we have "pinched with pride" and to Beulah Hitchcock, the 90 old mother of one of our staff members, an avid knitter who has led the way!

# Twiddlemuff instructions

## 1. Materials

- This muff pattern is perfect for using up left over and odd balls of wool.
- Needles: 8mm circular or 6.5mm straight needles.



## 2. Directions

**Cuff:** Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (*one plain colour works best*).

Work in stocking stitch (*knit a row, purl a row*) for 11 inches.

**Muff Body:** Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc. until the work measures 23 inches (*two strands of double knit for two rows each gives a lovely assortment of colours*). Cast off.



## 3. Finishing

- If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out)
- Turn inside out and push the one-colour cuff up inside the muff body
- Sew the two ends together, again using a neat edge to edge stitch.



### Decoration

Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.



*Washing instructions: hand wash at 30°C – carefully! Leave to dry flat. No dryers!*