Twiddlemuffs

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

Do you knit? Have you heard of Twiddlemuffs?

They are a knitted band that we can attach items to, which a patient with dementia can twiddle in their hands on the wards in our hospitals. They help stimulation whilst on the wards and we’ve found they are simple and valuable to our patients.

We’d be delighted if any willing knitters out there could help us to create more twiddlemuffs as part of our dementia awareness work. You can find the knitting pattern online at www.ncuh.nhs.uk/our-services/directory/elderly-care.aspx or email communications@ncuh.nhs.uk for further information.

Please send your completed twiddlemuff, or any spare wool, to:
Christine Musgrave  Sheena Bleasdale
Elderly care matron  Elderly care matron
Kirkstone Ward  c/o A&E
West Cumberland Hospital  Cumberland Infirmary
Hensingham  Newtown Road
Whitehaven  Carlisle
CA28 8JG  CA2 7HY
Twiddlemuff instructions

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1. Materials
- This muff pattern is perfect for using up leftover and odd balls of wool
- Needles: 8mm circular, (I preferred to use 6.5mm straight needles)

2. Directions
Cuff:
- Cast on 40 stitches using 2 strands of double knitting wool, (you can also use 1 strand of chunky wool)
- Work in stocking stitch (knit a line pearl a line) for 11 inches

Muff Body:
- Continue with stocking stitch and use up oddments of various textures of wool ie: chunky, mohair, ribbon until work measures 23 inches
- Cast off

3. Decoration and finishing
- Now is the time if you want to decorate the muff body with beads, flowers, zips, loops etc
- Neatly join side sides together with pearl side facing you
- Turn inside out
- Push the cuff up inside the muff body
- Neatly sew together the two ends

Thank you for your support!