

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 line, purl a line*) 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 beads, flowers, zips, loops, buttons, etc. Knit a separate pocket for a favourite photo or a hanky.



Be creative, making sure each item is securely attached but please don't attach heavy or large items that might hurt if the Twiddlemuff is swung or thrown!



Twiddlemuffs are being knitted for North Bristol NHS Trust dementia patients by staff and volunteers as part of **Knit With Me**, a knitting residency with textile artist Ali Brown <http://knitiffi.blogspot.co.uk/> managed by the Trust's Fresh Arts programme.

For further information about Fresh Arts projects, contact fresh.arts@nbt.nhs.uk

With thanks to Warrington and Halton Hospitals for so generously sharing their Twiddlemuff pattern to support patient wellbeing.