

# Twiddlemuffs

## Support patients with dementia by knitting a hand muff

### Have you heard of Twiddlemuffs?

Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and out. They have been designed and developed to provide simple stimulation for active hands, while promoting increased flexibility and brain stimulation. Many patients with dementia have found the Twiddlemuff reassuring and comforting.

We'd be delighted if any willing knitters could help us to create Twiddlemuffs as part of our dementia awareness work. Don't worry if you are not an expert; the pattern is very simple. If you aren't a knitter but still want to support the cause, we would welcome donations of new wool, buttons, beads, ribbons, zips, or anything that could be used to enhance the muffs safely.

We're doing a wide range of work to support patients with dementia. These muffs will provide our patients with something to sooth restless hands and minimise agitation. When choosing colours please bear in mind our female patients prefer pastel colours and shades, where as our male patients would rather have strong, contrasting colours.

If you would like further information about Twiddlemuffs, please contact:

Chris Swann  
01942 82 2196  
christine.swann@wwl.nhs.uk

Please send your completed Twiddlemuffs or donations to:

Twiddlemuffs c/o Chris Swann  
Wrightington, Wigan and Leigh NHS Foundation Trust  
Trust HQ  
Wigan Lane  
Wigan  
WN2 2NN



A collection of donated twiddlemuffs

# Twiddlemuff Instructions

## 1 Materials

- This muff pattern is perfect for using up left over and odd balls of wool. Different textures of wool is also good for stimulation.
- Needles: 6.5mm straight needles or 8mm circular.
- Beads, zips, ribbons, things that can be twiddled with but will not break and are not sharp to touch or brittle.

## 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, purl a line) for 11 inches (28 cm).

### Muff Body

- Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, eskimo, ribbon, chenille.
- Knit until work measures 23 inches (58.5 cm)
- Cast off.

## 3 Finishing and decoration

- 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.
- Now is the time to decorate your twiddlemuff. Here are a few things to consider:
  - Choose a good variety of decorations: beads, fabric flowers, ribbons, zips, buttons etc. Think about contrasting colours, bright colours, pastel colours, depending on whether the twiddlemuff is for a male or a female.
  - Try to include at least six decorations on the outside and four on the inside. You can add more if you like.
  - Make sure everything is sewn on tight so they can not 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 warmed at the same time.

**Well done and thank you for your support!**