

## Knitted Twiddle Muff

*Twiddle muffs are knitted and then have items attached so that someone in the later stages of dementia can keep their hands busy.*

### You will need:

Oddments of wool – double knit or chunky

6.5mm knitting needles

An assortment of ‘decorations’: buttons, pompoms, beads, zips, ribbons – items which can be twiddled with but will not break and are not sharp to touch

### Instructions

#### *Cuff:*

Cast on 40 stitches using 2 strands of double knitting wool or 1 strand of chunky wool. One plain colour works best for this part of the muff.

Work in stocking stitch (1 row knit, 1 row purl) for 28 cm (11 inches).

#### *Body:*

Continue working in stocking stitch until the work measures 58.5cm (23 inches), but introduce a variety of colours and textures of wool. You could try chunky, mohair or chenille – of even thin ribbon. Two different colours of double knitting wool worked together can be attractive. Use bright and cheerful colours wherever possible.

Cast off.

### Finishing and decorating

With the purl side facing you, neatly stitch the long edges together.

Turn inside out and push the cuff section inside the muff body and neatly stitch together the two short ends.

Decorate the muff using a variety of items. Try to include at least six decorations on the outside and four on the inside. You could attach a separate knitted pocket on the outside for a favourite photo or a hanky.



Make sure that all the items are sewn on securely and that there are no loose threads.

If you are a knitter who doesn't enjoy sewing, why not find someone else who will sew on the decorations for you.