



Knit a Twiddle Mitt



Twiddle Mitts are knitted hand muffs with interesting textures and bits and bobs attached inside and out. They have been designed and developed to provide simple stimulation, whilst promoting increased flexibility and brain stimulation.

The mitts have been proved to be beneficial for people suffering with Dementia and those with 'active hands'. There is a shortage of mitts across Shropshire and Loudwater would like to help alleviate this by providing everyone who would benefit with a mitt of their own.

For this we need your help. If you could knit a Twiddle Mitt for us we'd be very grateful. You can either drop your Mitt in the Studio 10-4 Monday to Friday (or drop it through the post box when the Studio is closed) or alternatively post it to us at:

Loudwater Studio
16A Burway Trading Estate
Bromfield Road
Ludlow
Shropshire
SY8 1EN

For instructions on how to knit a Twiddle Mitt please see the next page.

Thank you for helping, each and every one will be appreciated

Twiddle Mitt Knitting Pattern

Materials

- 6.5mm straight needles (or 8mm circular).
- Wool of different types and textures. The Mitt can be knitted in chunky wool or 2 strands of double knitting (this sometimes helps to get more textures into the mitt).
- Beads, zips, ribbons and things that can be twiddled but aren't sharp to touch or brittle (eg pompoms, buttons etc).



Directions

Cuff (Twiddle Mitt Lining)

- Cast on 40 stitches using either 2 strands of double knitting or 1 strand of chunky wool.
- Work in stocking stitch (knit a line, purl a line) knit until cuff measures 11 inches (28cm).

Mitt Body

- Continuing with stocking stitch begin to introduce your chosen different wool textures (eg mohair, snuggly, ribbon, chenille). If you feel confident in other knitting stitch types (such as moss or cable stitch etc) you could also use these to create more textures.
- Knit until whole unit measures 23 inches 58.5cm).
- Cast off.



Finishing and Decoration

- Start to decorate your Twiddle Mitt by securely attaching all your chosen decorations to the knit side of both the cuff and Mitt body. Try to include at least 5 decorations on the outside and 4 on the inside
- With knit sides together, securely sew the edges of the Mitt.
- Turn the Cuff side of the Mitt over across the Mitt body (so the purl sides are together) and neatly sew the cast on and cast off edges together.
- Turn the mitt inside out and admire your finished mitt.

