

Twiddle Muff top tips and ideas

Attach embellishments on both the inside and outside of the activity mitt.

Try adding pouches containing hankies, securely attached beads or crinkly wrappers for different textures, sounds and a more interactive mitt.

For a more masculine designed mitt, try attaching embellishments such as keys, zips or buttons and using different colours

You can send us a picture of yourself with the twiddle muffs you have made to Rhian.Lewis2@wales.nhs.uk or tweet your picture to [@ABUHB](https://twitter.com/ABUHB) with [#Twiddlemuffs](https://twitter.com/ABUHB) for your chance to be our [#KnitterOfTheMonth](https://twitter.com/ABUHB)

To arrange a local drop off point for your twiddle muffs, please contact:

Rhian Lewis, Volunteering Development Manager
on 01633 623812 / Rhian.Lewis2@wales.nhs.uk

Or

Chaplaincy Office, Royal Gwent Hospital
on 01633 01633 234263 / Carol.Taplin@wales.nhs.uk

*With thanks to Stockport NHS Foundation Trust
who have kindly allowed us to use their ideas and patterns.*

Knit or Crochet Twiddle Muffs to help Patients with Dementia



'Twiddle muffs' are a knitted or crocheted band with items attached that patients living with the advanced stages of dementia can twiddle in their hands during their hospital stay.

They help provide stimulation whilst on the wards and we've found they are valuable to our patients.

We'd be delighted if any willing knitters or crocheters could help us to create more twiddle muffs as part of our ongoing commitment to our patients with dementia.

The soft knitted muffs contain strands of textured ribbons, beads and various fabrics attached both inside and outside.

The twiddle muffs need to be gifted to individual patients to work within infection guidelines and we need lots!

Crochet Method

What you will need:

- Any left over and odd balls of yarn
- Hook: Use whatever you would use to get a nice firm square

Instructions

Muff Body

1. Row 1 With 2 strands of double knitting wool, (or you can also use 1 strand of chunky wool) chain 45
2. Slip stitch into first chain to make a ring
3. 1 dc into each chain to end of round (you may want to use a stitch marker) 45 stitches
4. 1 dc into each stitch to end (remember to move your marker) 45 stitches
5. Repeat last round for 60 cm
6. Last round continue to last stitch and 1 dc into stitch and slip stitch into next stitch
7. Change texture by changing various yarns throughout first 30 cm. (Last 30 cm should be simple DK or chunky as this will form the inside)
8. Joins side seams and push first half inside second half to form a double tube. Sew the two ends together to form a double skin muff.

Please go to '[Decoration and finishing](#)'

Knitting Method

What you will need:

- Any left over and odd balls of yarn
- Needles: 8mm circular (other shape and size needles can be used if preferred)

Instructions

Cuff

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

Muff Body

1. Continuing with stocking stitch and using up oddments of various textures of wool eg: chunky, mohair, ribbon until work measures 23 inches
2. Cast off
3. Neatly join side together with pearl side facing you
4. Turn inside out
5. Push the cuff up inside the muff body
6. Neatly sew together the two ends

Decoration and finishing

Now is the time to decorate the muff body (inside and out) with beads, flowers, zips, loops, buttons, small cloths of different textures attached.

Please ensure everything is sewn on firmly and securely.