

Sensory Bands



If you would like to make a Sensory Band or even a few, they will be gratefully received and given to patients to keep and take home. **You can send them to: Communications; Level 4 West, NNUH Colney Lane Norwich Norfolk NR4 7UY (or leave at West Atrium Reception Level 1 fao Communications)**

Our thanks go to Blackpool Teaching Hospitals for kindly letting us use their pattern.

A sensory band is a pocket or glove that has attachments added to it, inside and out, that patients can twiddle and fiddle with.

They are used to calm patients with dementia or Alzheimer's by giving them something to do with their hands or just enjoyed by older patients.

What you need:

- 6.5mm straight needles or 8mm circular needles.
- Beads, zips, ribbons, anything that can be twiddled with but not break.
- Wool/yarn. Sensory Bands are perfect for using up leftover wool. A variety of textures works really well.

The above example is for guidance only and any colour wool/yarn can be used and sizes can vary.

Directions:

Make the band:

- Cast on 40 stitches using 2 strands of double knitting wool (or one strand of chunky wool).
- Work in stocking stitch (knit one, pearl one) for 11 inches (28 cm).

Continue with the body:

- Continue with stocking stitch using various textures and colours of wool.
- Knit until work measures 23 inches (58 cm).
- Cast off.

Decorate and finish:

- Attach beads, flowers, zips, loops or anything else people can fiddle with making sure they are attached firmly so they cannot easily be pulled off.
- Neatly join sides together with pearl side facing you.
- Turn inside out.
- Push the band inside the body.
- Neatly sew together the two ends.