

# The Twiddlemuff



## What is a Twiddlemuff?

A Twiddlemuff is a knitted muff with different textures and items attached which a patient with dementia can fiddle with while staying on the wards at the Bristol Royal Infirmary, Bristol Heart Institute and South Bristol Community Hospital. Patients can then take the Twiddlemuff with them when they are discharged.

People with dementia often have restless hands and like to have something to keep their hands occupied. So a Twiddlemuff is a great source of visual, tactile and sensory stimulation, and keeps hands snug, warm and occupied!

We hope that volunteer knitters will come forward and use their knitting skills to help us produce Twiddlemuffs as part of our dementia awareness work.

So if you would like to help our patients in Bristol, we have included a basic pattern on the next page. The Twiddlemuffs will be distributed free to our patients who find them helpful.

# Twiddlemuff pattern

## You will need

DK or bulky yarn, around 150g (5 oz), washable at 30°C – odds and ends are fine.

Size 7mm (UK 2) straight or circular needles.

A tapestry / wool needle.

Buttons, ribbons and other trimmings

## Instructions to knit flat

1. Using 2 strands of DK together, or a single of bulky yarn, cast on 45 stitches.
2. Knit in stocking stitch (1 row knit, 1 row purl) until the piece measures 28 cms (11 in). This is the inner part of the muff.
3. Continue in stocking stitch using a mix of colours and textures until the work measures 60 cms (24 in).
4. Cast off.
5. Sew up the long sides to form a tube.
6. Push the inner part of the muff up inside the outer, and sew the short edges together.
7. Sew on some twiddly bits, like loops, buttons, zips, pompoms or beads.

## Want to add some extras?

- Add a row of eyelets by replacing one right side row with \*k2tog, yo\* to end.
- Want your eyelets to pop up? Starting with a rs row, knit the next 3 rows as follows. Row 1: purl across. Row 2: \*p2tog, yo\* across. Row 3: purl across. Continue in stocking stitch.
- Add a bobble! Anywhere in the work, make 5 in one stitch, turn work, p5, turn work, k5, turn work, p5, turn work, k5tog. Continue in pattern.
- Why not sew on a pocket for a special keepsake?
- Add in cables, lace stitches or anything else you fancy!

## Knitting terms

**k** knit

**p** purl

**rs** right side

**yo** yarn over

**k2tog** knit 2 together

**p2tog** purl 2 together

**k5tog** knit 5 together



## Bring your Twiddlemuffs to:

The Welcome Centre, at the main  
entrance of the Bristol Royal  
Infirmary

*or*

Reception, at Trust Headquarters.