

Twiddle Muff Pattern



A Twiddle muff is a double thickness hand muff with ribbons, buttons and knitted features attached to the inside and out. It is designed for patients suffering from dementia as it provides stimulation activity.

What you need:

- Wool – approx. one 150 gram ball will probably be enough – it varies a great deal depending on the individual wool.
- 1 Pair of needles (size depends on the type of wool you want to use).
- A tapestry needle for sewing up.
- Oddments of yarn, ribbon, trimmings, buttons, beads etc. for embellishment.

Getting started:

This pattern can be knitted in any wool but you will need to adjust the number of stitches you cast on depending on the size of the needle and the type of wool used. Look on the ball band, if there is one, of the wool for information about needle size and tension. Because of the simple nature of the pattern the measurements do not have to be exact and you can easily test them out on your own hands!

Double knit wool on size 5-7 needles comes out at about 5 to 5.5 stiches per inch.

Chunky wool on size 7-9 needles comes out at about 4 to 5 stiches per inch.

The width of the Twiddle Muff needs to be about 12 to 13 inches wide (this is the length of the muff – so you can check against your own hands to see if you have made this the right size).

The length of your knitting needs to be twice the width (60 cm)24 inches long(30 cm)12 inches wide

To begin:

In a lighter wool cast on 60 stitches, or the number of stitches to give you about 30cm width. In chunky wool cast on 48 stitches.

Keep knitting until you reach about 24 inches / 60 cm or double the width the cast off. Or try stocking stitch – one row knit, the next row purl for a smooth finish.

Step 1

Decorate the Twiddle Muff on the right side of the knitting. Leave a small area halfway down (in the middle) that is free of decoration.

Step 2

Fold along the middle, with the decoration showing on both sides and then sew up the three open edges. Now you have double thickness.

Step 3

Now sew the cast on / cast off edge to the middle fold edge together to make a tube that has double thickness and is decorated inside and out.

Step 4

Now wash the Twiddle Muff at 30 degrees in the washing machine and let dry (do not use a tumble dryer). Once dry bag up and send them in to:

Brighter Futures
Great Western Hospitals NHS Foundation Trust
The Great Western Hospital
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