

Please send completed Mitts to

Sam Denton or Diane Wickwar

At

The Evington Centre



# Twiddle Mitts

‘Twiddle mitts’ are knitted mittens or hand warmers with beads, buttons and objects sewn on to them. The mitts are becoming popular gifts for those living with dementia, as having something to ‘twiddle’ helps to calm agitation and restlessness – both common symptoms of the condition.



Tweet pictures of your Mitts  
@lptnhs @rileyelf @linzwoowar



#LPTTwiddler

# Knitted Mitt

## Materials

- ◇ Needles: 8 mm circular or 6.5 mm straight needles
- ◇ Wool Oddments and ribbon/buttons etc

## Directions

- ◇ Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (one plain colour works best)
- ◇ Work in stocking stitch (knit a row, purl a row) for 11 inches
- ◇ Mitt body: Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc. until the work measures 23 inches (two strands of double knit for two rows each gives a lovely assortment of colours)

## Finishing

- ◇ If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out)
- ◇ Turn inside out and push the one-colour cuff up inside the mitt body
- ◇ Sew the two ends together, again using a neat edge to edge stitch

## Decoration

- ◇ Now is the time to decorate the mitt, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons etc.
- ◇ You could even knit a separate pocket for a favourite photo or a hanky
- ◇ Be creative, but make sure each item is securely attached

*If there could please be a loop on the mitt at the top so a patient identification band could be attached to it, it would be greatly appreciated*

# Crotchet Mitt

## Materials

- ◇ Any left over and odd balls of yarn
- ◇ Hook: Use whatever you would use to get a nice firm square (everyone's tension is different)

## Directions

- ◇ Row 1 With 2 strands of double knitting wool, ( or you can also use 1 strand of chunky wool) chain 45
- ◇ Slip stitch into first chain to make a ring
- ◇ 1 dc into each chain to end of round (you may want to use a stich marker) 45 stitches
- ◇ 1 dc into each stitch to end (remember to move your marker) 45 stitches
- ◇ Repeat last round for 60 cm.
- ◇ Last round continue to last stitch and 1 dc into stich and slip stitch into next stitch.
- ◇ 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
- ◇ 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.

## Decoration and finishing

- ◇ Now is the time if you want to decorate the muff body with beads, flowers, zips, loops etc.
- ◇ We also need some muffs without buttons and beads these need to have some small cloths of different textures attached.
- ◇ Please ensure everything is sewn on firmly and securely.

*If there could please be a loop on the mitt at the top so a patient identification band could be attached to it, it would be greatly appreciated*