Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and out.

They have been designed and developed to provide simple stimulation for active hands, while promoting increased flexibility and brain stimulation.

Bradford Teaching Hospitals NHS Foundation Trust have found that these mufffs provide their patients with something to soothe restless hands and minimise agitation. When choosing colours they've found that their female patients prefer pastel colours and shades, whereas their male patients would rather have strong, contrasting colours.

Twiddlemuffs gathered will be distributed during dementia awareness week to hospitals, care homes, day centres etc in the Forest of Dean District.

Please forward completed Twiddlemuffs by Friday 15th May 2015 to:
Lena Maller
Community Engagement Officer
Forest of Dean District Council
High Street
Coleford
Glos. GL16 8HG

or put them in one of the Twiddlemuff Drop Off bins located at:
- Forest of Dean District Council (Coleford Reception)
- Libraries (Cinderford, Coleford, Newent and Lydney)
- All Forest of Dean District Council Leisure Centres

For instructions see the reverse. If you have any other queries please contact Lena on telephone number 01594 812609 or email lena.maller@fdean.gov.uk
Twiddlemuffs Instructions

Materials
- This muff pattern is perfect for using up left over and odd balls of wool. Different textures of wool are also good for stimulation.
- Needles: 6.5mm straight needles or 8mm circular.
- Beads, zips, ribbons things that can be twiddled with but will not break and are not sharp to touch or brittle.

Directions

Cuff (Twiddlemuff lining)
- Cast on 40 stitches using 2 strands of double knitting wool. You can also use 1 strand of chunky wool.
- Work in stocking stitch (knit a line, purl a line) for 11 inches (28cm).

Muff Body
- Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, eskimo, ribbon and chenille.
- Knit unit work until it measures 23 inches (58.5cm).
- Cast off.

Finishing and decoration
- Neatly sew the long edges together with purl side facing you.
- Turn the muff inside out.
- Push the cuff (lining) up inside the muff body and neatly sew the cast on and cast off edges together.
- Now is the time to decorate your Twiddlemuff. Here are a few things to consider:- Choose a good variety of decorations: beads, pastel colours, depending on whether the Twiddlemuff is a male or a female.
- Try to include at least six decorations on the outside and four on the inside. You can add more if you like.
- Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads.
- Include bits and bobs on the inside too. Agitated hands can then be soothed and kept warmed at the same time.