

Twiddlemitt knitting instructions

1. Materials

- This mitt pattern is perfect for using up left over and odd balls of wool.
- Needles: 8mm circular or 6.5mm straight needles.

Please do not use mohair or any wool where the fibres or strands can be pulled loose

2. Directions

Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool.

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 colours until the work measures 23 inches (two strands of double knit for two rows each gives a lovely assortment of colours) Cast off.

3. 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 in)
- Turn inside out and push the cuff up inside the mitt body
- Sew the two ends together, again using a neat edge to edge stitch

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4. Decorating

- Now is the time if you want to decorate the mitt, inside and out.
- **Please see separate sheet** for safe twiddles with a variety of buttons, bows, patches of different fabric, crocheted flowers, toggles, bells, - anything that can be sewn onto the mitt.
- **You must ensure** these cannot be pulled off.
- When checking your sewing – be ruthless, if you can pull it off, so could a patient.
- Twiddlemitts typically have **10** twiddles or textures on the outside and **4/6** on the inside.
- You could knit a separate pocket for a favourite photo or a hanky. Be creative, but please make sure each item is **securely** attached.

Even if you haven't got any suitable twiddles to use, we would be glad to receive any plain knitted mitts as we can get the twiddles added afterwards.

If in doubt contact the voluntary services office on 0300 422 6648/3451 or email us at ghn-tr.voluntaryservices@nhs.net for advice.