



## Fidgety Hand Warmers

Fidgety hand warmers are an incredibly useful comfort for dementia sufferers. It's a knitted band, like an old style 'muff', that patients can fiddle with whilst on the wards or in residential care homes. They can have buttons, zips, ribbons and other haberdashery attached to them to create a variety of textures to fiddle with. They help stimulate and calm, and are vital despite their simplicity.

This pattern is perfect for using up odds and ends of wool and oddments of haberdashery, a real stash-buster!

### Needles:

8mm circular or 6.5mm straight

### Abbreviations:

st = stitch

dk = double knit

sst = stocking stitch (knit one, purl one)

### The Cuff:

Cast on 40st using 2 strands of dk

Then sst for 11 inches

### The Body:

Continue with sst, using up varying oddments and textures of wool together, for 23 inches

*Hint: try chunky, mohair, ribbons etc for a real variety to the feel of the body*

Cast off

### Decorate:

Now is the time if you want to decorate the muff body with beads, flowers, zips, loops, ribbons, bows, buttons etc.

### Finish:

Neatly join side sides together with pearl side facing you

Turn inside out, and push the cuff up inside the hand warmer body

Neatly sew together the two ends

You're done!

Here's how some of ours looked when we delivered them to Nottingham's QMC.



*Get in touch with your local NHS Trust to find your closest unit to donate your handwarmers too. This initiative is part of a scheme started by Warrington & Halton NHS Trust called ForgetMeNot*