



Fidgety Hand Warmers (Crochet Version)

Fidgety hand warmers are an incredibly useful comfort for dementia sufferers. It's 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 hand warmer is crocheted in two layers, which gives extra warmth. Each layer is worked in the round and in a spiral, so please do not join rounds unless instructed to do so. The bobbles are optional; you can work rows of bobbles, individual bobbles, or none at all. In the outer layer you could also work rows of textured yarns - mohair, ribbon, chain and boucle –if you have any to use up.

Note: Please make sure that all materials used are machine-washable, all sewn-on embellishments are securely stitched in place, and all ends are securely woven in. Any ends that are to be left for fiddling should be non-fray.

Yarn: Aran

Hook: 8mm (or size required for tension)

Tension: 10 stitches and 9 rows to 4"

Finished dimensions: S/M 10.5" long by 7" diameter, laid flat. M/L 10.5" long by 7.5" diameter, laid flat.

Abbreviations:

ch - chain

dc - double crochet

htr - half treble crochet

mb - make bobble

Make bobble (mb): Yarn over hook, hook through stitch, yarn over and pull through 2 loops. 5 times in same stitch, yarn over and pull through all 6 loops on hook, 1 ch to secure (ch does not count as a stitch for next rnd).

Inner/ outer sleeve: (make 2) With aran yarn and 8mm hook chain 36 (40). Taking care not to twist the chain slip stitch into furthest chain from hook to make a ring.

Rnd 1 (RS): Ch 1 (does not count as first stitch), 1 htr in same ch, 1 htr in each ch to end of rnd, place marker if using, 36 (40) sts.

Rnd 2: 1 htr in each st to end, move marker to denote new end of rnd, 36 (40) sts.

Rnds 3-21: Repeat rnd 2.

Rnd 22: 1 htr in each st until 1 st remains, 1 dc in next st, sl st in next st.

Fasten off and break yarn leaving a long tail (at least 2 metres) for finishing

Bobble round (optional - work as desired) MB in next st, dc in next st to end of rnd.

**Important: following a bobble round remember that the chain that secures each bobble does not count as a stitch and should be skipped over on the next round.*

Decorate inner and outer sleeve by embellish each sleeve as desired with buttons, zips, beads and ribbons.

Join inner and outer sleeves by turning the inner sleeve inside-out and slipping it inside the outer sleeve. Make sure that you have one long yarn tail at either open end. Using 8mm hook and long yarn tail join the inner and outer sleeve together by working a round of dc, working into the starting chain of one layer and the final round of the other. Do this at each end to form a double-layered tube. Weave in the ends.

