



TWIDDLE MUFF FACT SHEET

Enjoy Craft? Use your knitting skills for Older Patients at the Royal Sussex County Hospital



What they are:

Twiddle Muffs are double thickness knitted muffs used to calm the restless hands and minds of older hospital patients.

The pattern is very simple, so don't worry if you are not an expert knitter.

Twiddle muffs are knitted with buttons and beads securely attached inside and out to provide sensory stimulation. Using a variety of yarns also helps to increase texture.

Friends of Brighton & Hove Hospitals are asking for Twiddle Muffs to support our Small Acts of Friendship campaign, which provides social activities and emotional support for older patients at the Royal Sussex County Hospital.



- Bits and bobs must be securely attached and there can be no sharp edges.
- If some of the bits and bobs are on the inside hands can be active and warm at the same time.
- Contrasting colours and soft yarns are always popular.
- Use your imagination – and Pinterest – for inspiration.
- Once you have made your Twiddle Muff, please drop it off at Main Reception at the Barry Building, Royal Sussex County Hospital, marked for the Occupational Therapy team on the Emerald Unit.
- Contact office@brightonhospitalfriends.org.uk to hear more about Small Acts of Friendship or have someone come and talk to a group you are a member of.

Twiddle Muff Pattern

What you need:

Wool ~ Knitting needles ~ Tapestry needle for sewing up
Oddments of yarn, ribbon, buttons, beads etc for embellishment

A TwiddleMuff is a double thickness hand muff with bits and bobs attached inside and out. The inside of the muff is usually knitted in one yarn and the outside knitted with many different types of yarn. The completed muff measures approx 30cm x 20cm.

Knitted on circular needles, your completed knitting before sewing up should measure about 60cm x 20cm.

Knitted on straight needles, your completed knitting before sewing up should measure about 60cm x 40cm.

Instructions for Double Knit yarn:

Using two strands of Double Knit yarn and either 8mm circular or 6.5mm straight needles, cast on 40 stitches. Knit stocking stitch until your work measures 28cm long. This will form the inside of the muff.

Continue to knit stocking stitch, using a variety of different yarns and stitches to provide pattern, colour and texture. Cast off when your work is 60cm long.

If you have used straight needles, you now need to neatly sew the long sides together to form a tube.

Push the plain part of your knitting inside the patterned part to form a double sided tube. Neatly sew the end of the tube up, so that hands can be pushed inside each end of the muff and join in the middle.

Now you can use your imagination and attach some buttons and bits and bobs to the inside and outside of the muff. Please make sure all items are **securely attached** and are not sharp.

Twiddle muffs can be made using any yarn size and can also be crocheted. Please adjust the number of stitches if you use a different yarn weight. The measurements do not have to be exact – the muff just needs to be large enough to fit hands into.

Once you have made your Twiddle Muff, please drop it off at Main Reception at the Royal Sussex County Hospital, marked for Fran Hamilton on the Emerald Unit. Leave your name and email address if you would like to hear more about Small Acts of Friendship. Thank you!