

# TwiddleMuffs



**Could you help us to support our patients who live with Dementia? Can you knit?**

**Have you heard of the TwiddleMuff?**

The TwiddleMuff is a knitted hand muff, decorated with internal and external items, such as buttons and ribbons. They allow our patients living with dementia to twiddle with whilst on route to hospital. People living with dementia often get restless hands, and so the comfort of twiddling can help appease this. They provide both visual and sensory stimulation whilst keeping their hand's toasty!!

We are searching for volunteers, with any level of knitting ability, to help us build a basic stock of TwiddleMuffs, in the hope that every ambulance would have one as and when they are needed. We also need a foundation stock level to help with replenishment, as every muff would return home with the patient for them to keep.

The East of England Ambulance Service NHS Trust has developed a Dementia Strategy comprising of five overarching aims to help create a dementia-friendly organisation. As part of this, we are also looking at holistic approaches to assist dementia patients, and so ..... the TwiddleMuff was introduced.



If you are able to assist, please send your TwiddleMuff to your local Norfolk Ambulance Station, or to the main hub at: **EEAST TwiddleMuffs, Alex Moorehouse Way, Costessey, NR5 0JT**

If you have any TwiddleMuff questions, please email [Heidi.Clements@eastamb.nhs.uk](mailto:Heidi.Clements@eastamb.nhs.uk) or the Trust's Dementia Lead, [Duncan.Moore@eastamb.nhs.uk](mailto:Duncan.Moore@eastamb.nhs.uk)

# The TwiddleMuff Pattern

**Materials:** This pattern is ideal for using up left over wool, and those singular odd balls.

**Needles:** 8mm circular/ 6.5 straight

**Directions:**

*Cuff:* Cast on 45 stitches using 2 strands of double knit wool or 1 strand of chunky wool, (one plain colour works best). Work in stocking stitch, (knit a row, purl a row), for 11 inches.

*Muff Body:* Continue with stocking stitch, but use oddments of various textures of wool such as chunky, mohair, ribbon etc. until the knit measures 23 inches. Cast off.

**Finishing:** If working with straight needles, lightly iron the long strip, then neatly joining the sides together using edge to edge stitch, with the knit facing out. Turn inside out and push the one-colour cuff up inside the muff body.

Sew the two ends together, again using a neat edge to edge stitch.

**Decoration:** If you would like to decorate the muff, now is the time to get creative, maybe even a little pocket to put a favourite photo? Ribbons, pomp oms and buttons make for great twiddling.

## Thank you for your support!!

**Washing instructions: please hand wash at 30°C, and dry flat.**