



Dear Parents and Carers,

As part of our 40 Act of Kindness for Lent, our school's Knitting Club are knitting **Twiddle Muffs** for dementia sufferers.

What are Twiddle Muffs?

They are knitted muffs with items attached to them to keep dementia patients' hands active and busy. They contain strands of textured ribbons, beads and fabrics attached both outside and inside.

People with dementia often have restless hands and like to have something to keep their hands occupied. A Twiddle Muff provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.



In order to knit as many as possible, we need donations of knitting wool in various colours and textures. We also need things to sew onto the twiddle muffs such as small zips, buttons, ribbons, beads or anything else that could be used to enhance the muffs safely. These items must be safe to twiddle with but must not break or be sharp to the touch or brittle. They must also be washable.

If you can help us with any of these items, please send them to school with your child so that they can pass them on to them to Mrs Lee or Mrs Kirk.

If you would like to knit a Twiddle Muff yourself, please ask for a pattern from Mrs Lee (or search online for patterns). Any parents who would like to brush up on their basic knitting skills in order to knit a Twiddle Muff can see Mrs Kirk at knitting club on any Monday after school. You will need to provide your own needles (size 6.5mm straight needles or 8mm circular needles) and wool.

We will be donating the completed Twiddle Muffs locally within Rotherham.

Thank you in advance for your support,

Mrs J Lee and Mrs T Kirk