

It's the 2022 Inspire Charity Knitting Challenge



Inspire: Culture, Learning and Libraries, Your Health Your Way, Dementia Action Nottingham and Nottinghamshire and **Creative Lives** are supporting Nottinghamshire's crafters to make Twiddlers, woolly hand-warmers embellished with fabulous fiddlers that provide sensory stimulation or soothing comfort for people living with dementia.

Juliet Bernard, hand knitting guru, has designed two patterns and lots of fiddlesome embellishments for Notts crafters to knit or crochet.

inspireculture.org.uk/knit



working with



Twiddlers can be a really comforting item for those living with dementia. Using a combination of different colours and textures along with accessories, provides relief for restless hands. Our easy Twiddler pattern relies on different yarns, with the addition of simple accessories, to make an attractive and soothing project.



Basic Twiddler

Basic solid colour yarn

Stylecraft Special Chunky – various colours.
We used 5 different colours.

Effect yarns

There are lots of lovely chunky effect yarns.
We used:

King Cole Tinsel Chunky
Rico PomPom Print
King Cole Moments

Needles 6mm needles

Dimensions 30cm x 35cm

Abbreviations

K – knit

Sl – slip

St/sts – stitch/stitches

Pattern

Cast on 40sts using the basic solid colour yarn and 6mm needles

Garter stitch stripe

Row 1: Sl1, k to last st, sl 1

Row 2: K all stitches

Rows 3-6: Repeat rows 1 and 2

Stocking stitch stripe

Change yarn to a different solid colour yarn

Row 7: Sl1 k to last st sl1

Row 8: Purl all sts

Rows 9-12: Repeat rows 7 and 8

Effect yarn stripe

Change to effect yarn

Row 13: Sl1 k to last st sl1

Row 14: Purl all sts

Rows 15-20: Repeat rows 7-12
(stocking stitch stripe)

Rows 21-26: Repeat rows 1-6
(garter stitch stripe)

Rows 27-28: Repeat rows 13 and 14
(effect yarn stripe)

These 28 rows form pattern.
Keep repeating them until the
Twiddler measures 35cm.

Cast off.

Attach your accessories securely
and then sew up the Twiddler.

Go online to find Juliet's helpful
'How To' video demonstrations.
inspireculture.org.uk/knit

Accessories

Crochet Abbreviations (UK)

Ch – chain
Htr – half treble
Dtr – double treble
St/sts – stitch/stitches

Dc – double crochet
Tr – treble
Sl st – slip stitch

Knit Abbreviations

K – knit
Kfb – increase one st by knitting into the front and back of stitch
St/sts – stitch/stitches

Crocheted butterfly

Assorted DK yarn - 4mm hook

Small wing make 2

Foundation: Ch8 and join to form a ring with a sl st

Round 1: Ch1 2dc, 2 htr, 2tr, 3dtr, 2tr, 2 htr and 2dc all into the ring. Fasten off with a sl st into first dc. Break yarn.

Large wing make 2

Foundation: Ch10 and join to form a ring with a sl st

Round 1: Ch1 2dc, 3 htr, 2tr, 3dtr, 3tr, 3 htr and 2dc all into the ring. Fasten off with a sl st into first dc. Break yarn.

Body

Ch8, starting with the second ch from the hook, work 7dcs. Fasten off, leave a length of yarn for antenna.

Sew small and large wings together then join together.

Make a knot in the yarn ends to form antenna and sew body to wings.

I-Cord flower and butterfly

DK yarn - Knitting dolly

Work an I-cord of 50cm for flower, 40cm for butterfly.

The 5 petal flower and 4 wing butterfly are sewn together at the centre. Finish both by sewing on a button or a toggle.

Knitted flower

DK yarn - 4mm needles

Cast on 8 sts

Row 1: knit all sts

Row 3: kfb 8 times (16sts)

Row 5: knit all sts

Row 7: knit all sts

Row 9: kfb 32 times (64sts)

Row 11: knit all sts

Row 2: knit all sts

Row 4: knit all sts

Row 6: kfb 16 times (32sts)

Row 8: knit all sts

Row 10: knit all sts

Cast off.

Curl flower up and attach button to the middle.

Crocheted flower

Chunky yarn - 6mm hook

Foundation: Ch5, join to form a ring with a sl st

Round 1: Ch1, dc 12 times into ring, join with a sl st

Round 2: *Ch4 skip 1dc, sl st into next dc.

Repeat from * to the end of the round. (6 loops)

Round 3: 1dc, 1htr, 1tr, 1htr, 1 dc into loop. Repeat in each of the loops and fasten off with a sl st. Fasten off.

Finish off by sewing a button on.

Ladybird

Red and black DK yarn - 4mm hook

Body

Foundation: Make a magic ring and work 6dcs into it

Round 1: 2 dcs into each dc from the previous round (12sts)

Round 2: (1dc, 2dc into next st) repeat to the end of the round (18sts)

Round 3: (2dc, 2dc into next st) repeat to the end of the round (24sts)

Round 4: (3dc, 2dc into next st) repeat to the last st and change colour to black (30sts). Chain 5, miss 3 dcs from previous round and sl st into next dc. Fasten off.

Chain stitch down the middle of the body to finish off. Make French knots on the body to make the ladybird's dots.





Intermediate Twiddler

Basic solid colour yarn

Stylecraft Special Chunky – various colours.
We used 4 different colours.

Effect yarns

King Cole Tinsel Chunky

Needles 6mm needles

Dimensions 30cm x 35cm

Please make sure that all accessories are securely stitched in place and cannot be pulled off. All ends should be securely woven in. Please do not embellish your Twiddler with anything that is sharp or brittle.

Abbreviations

K – knit

Sl – slip

St/sts – stitch/stitches

Yo – yarn over the needle

K2tog – knit 2 sts together

Ssk – sl1 knitwise, sl1, knitwise, slip both sts back to left needle together and k2tog through the back of loop

K3tog – knit 3 sts together

MB – Make bobble. Knit into the front, back, front, back and front of next stitch until you have 5 sts. *Slip 5sts back to left needle and knit. Repeat from * Return 5sts back to left needle. K2tog, k1, ssk, return 3 sts back to left needle. K3tog and continue.

Pattern

Cast on 41sts using the basic solid colour yarn and 6mm needles

Garter stitch stripe

Row 1: Sl1, k to last st, sl 1

Row 2: K all stitches

Rows 3-8: Repeat rows 1 and 2

Effect yarn stripe

Change to effect yarn

Row 1: Sl1 k to last st sl1

Row 2: Purl all sts

Bobbles stripe

Change to solid colour yarn

Row 1: Sl1, k to last st, sl 1

Row 2: Purl all sts

Row 3: Sl1, k1, MB, *K5, MB.

Repeat from * to last 2sts, k1, sl1

Row 4: Purl all sts

Row 5: Sl1, k to last st, sl 1

Row 6: Purl all sts

Row 7: Sl1, k4, MB, *K5, MB.

Repeat from * to last 5sts, k4, sl1

Row 8: Purl all sts

Row 9: Sl1, k to last st, sl 1

Row 10: Purl all sts

Garter stitch stripe

Change to different solid colour yarn and work garter stitch stripe again.

Lacey stripe

Change to different solid colour yarn

Row 1: Sl1 *yo, k2tog, repeat from * to end

Row 2: Purl all sts

Row 3: Sl1 k to last st sl1

Row 4: Purl all sts

Repeat last 2 rows

Stocking stitch stripe

Change to different solid colour yarn

Row 1: Sl1 k to last st sl1

Row 2: Purl all sts

Repeat rows 1- 2 until stripe measures 7cm

Lacey stripe

Change to different solid colour yarn

Row 1: Sl1 k to last st sl1

Row 2: Purl all sts

Row 3: Sl1 *yo, k2tog, repeat from * to end

Row 4: Purl all sts

Garter stitch stripe

Change to different solid colour yarn and work garter stitch stripe again

Effect yarn stripe

Change to effect yarn and work effect yarn stripe again

Garter stitch stripe

Change to different solid colour yarn and work garter stitch stripe again

Work 40cm I-cord in green for flower stalk, securely attach your accessories and then sew up the Twiddler.

Go online and see Juliet demonstrate how to make the bobble stripe and lacey stripe to match the pattern
inspireculture.org.uk/knit



Find Juliet's helpful 'How to' videos online at
inspireculture.org.uk/knit

Inspire Libraries will be delighted to receive your Twiddlers

Twiddlers donated by 1 August 2022 will take part in the Twiddlers! Exhibition

The Twiddlers Exhibition at Worksop Library Gallery from 17 August to 2 October 2022 will show off all the Twiddlers embellished with fabulous fiddlers - and celebrate the skill and generosity of all the wonderful Notts knitters!

For your name to appear on the list of makers who have donated much appreciated time, skills, wool and lots of creativity please fill in the returns label below and attach it to your work before handing it in at your nearest Inspire Library.

For information about **Your Health Your Way**, Nottinghamshire's Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health visit:

yourhealthnotts.co.uk

Creative Lives champion community and volunteer-led creative activity, and work to improve opportunities for everyone to be creative. Find out more here:

creative-lives.org

2022 Inspire Charity Knitting Challenge Exhibition



Your Twiddlers will be part of the **Twiddlers!** Exhibition and be distributed to people who need them by **Dementia Action Nottingham & Nottinghamshire**

From

.....
(name of individual or group)

at

.....
(name of library or place)

