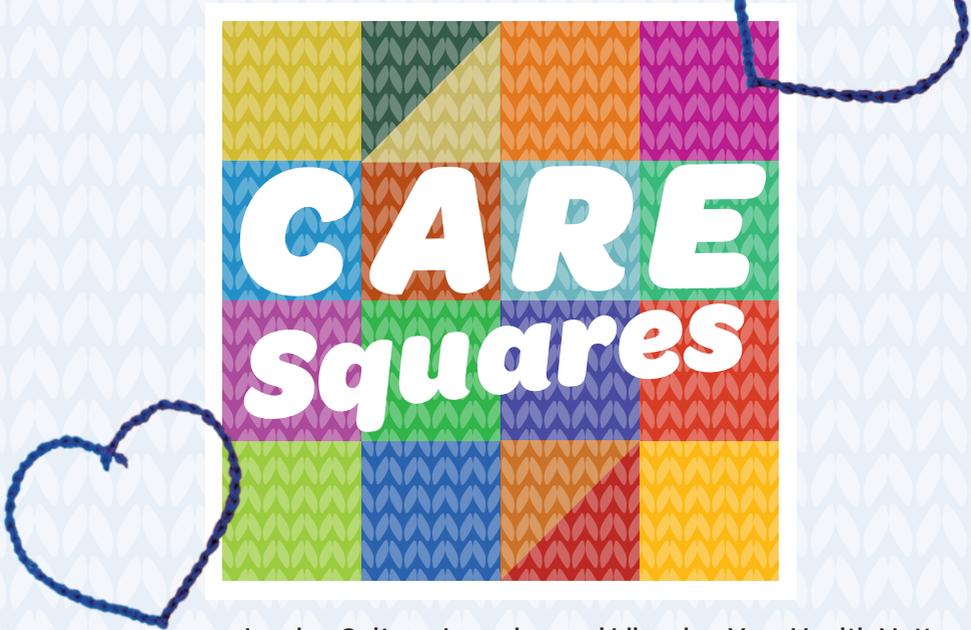


It's the 2024 Inspire Charity Knitting Challenge



Inspire: Culture, Learning and Libraries, Your Health Notts, Newark and Sherwood District Council, Dementia Action Nottingham and Nottinghamshire and Creative Lives are supporting crafters to make knitted and crocheted squares into homely warm blankets for people to cherish.

Nottinghamshire knitwear designer Jane Withers has created a striking blanket design to inspire everyone to get creative with wool for a good cause.

inspireculture.org.uk/Knit



Working with



Knitted Care Square 15cm x 15cm

Yarn

Two contrasting colours of DK knitting wool/ mixtures/cotton mix, all must be machine washable.

Needles size 4mm UK

Dimensions

Square size 15 cm (6 inches) square.

Each knitted garter stitch square uses approximately 20g of yarn.

Abbreviations

K – knit

st – stitch

sts – stitches

Instructions

Cast on 2 sts

Knit 2 sts

Next row: Knit and increase 1 st at end of row. (Increase by placing needle knitwise into last stitch, knit stitch but leave stitch on left needle, place needle back into the back of the stitch on left needle, knit and take both stitches off together.)



Next row: Knit to last stitch increase 1 st

Repeat from * to * until you have 42 sts or your work at the longest edge measures 15 cm (6 inches).

Cut yarn leaving 10 cm to sew in later, join second colour with knot.

*Next row: Knit to end and decrease 1 st by passing last but one stitch over the last stitch.

Next row: Knit and decrease at end*

Repeat from * to * until 2 sts remain.

Cast off 2 sts by passing first stitch over second, cut yarn and pull end through loop tightly.

Thread large needle with loose end and stitch neatly into the edge, trim off, repeat on two other edges.

When square is completed, measure and pin square at each corner onto ironing surface, with steam iron lightly steam hovering over square, without pressing.

Add an embellishment to your square, try chain stitching a Care Squares heart shape outline.

Crochet Care Square 15cm x 15cm

Yarn

One colour of DK knitting wool/mixtures/cotton mix, all must be machine washable.

Hook size 3.5 / 4mm UK

Dimensions

Square size 15 cm (6 inches) square

Each crochet square comprises of one plain square and uses approximately 20g of yarn

Abbreviations

ch – chain

dc – double crochet

Instructions

Make a slip knot and 26 chain.

Note: The number of stitches to make a 15cm row will vary depending on the tension. Measure after row 1 and if the size is too small restart with a few more stitches. If the size is too big restart with a few less.

Foundation row

1 dc into second chain from hook, 1 dc into each remaining chain, 1 chain, turn.

Working row

Miss first dc, 1 dc into remaining dc, 1 chain, turn.

Repeat working row until work on each side measures 15 cm (6 inches) square.

Fasten off yarn.

Thread large needle with loose end and stitch neatly into the edge, trim off, repeat on other edge.

When square is completed, measure and pin square at each corner onto ironing surface, with steam iron lightly steam hovering over square, without pressing.

Add an embellishment to your square, try chain stitching a Care Squares heart shape outline.



Plain crochet square

It's important all Care Squares measure 15 cm / 6 inches square, so every square can be made into a blanket!



Care Squares Blanket

Dimensions

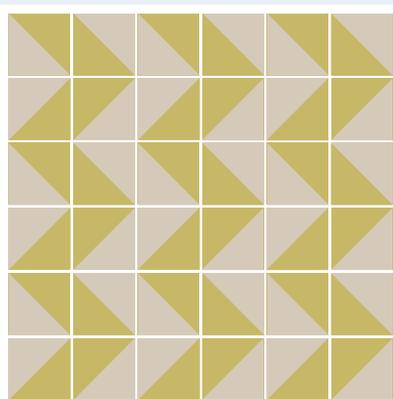
Squares are 15 cm / 6 inches square

Blanket size

6 squares x 6 squares,
90 cm x 90 cm / 36 inches x 36 inches.

We have used yarn in a contrasting colour for seams and edging.

This is an ideal size for covering a single bed, it is large enough to be cosy but not too large to become a tripping hazard.



Create a zig zag pattern with knitted squares

1st row lay out squares horizontally 6 across with the diagonal pattern the same way.

2nd row place squares with the diagonal in opposite position to form a zig zag.

3rd row as first, repeat over 6 rows.

Position embellished squares randomly throughout the blanket.

Stitching together

Pin the 1st row together. Choose a contrasting colour and overstitch on the reverse side to securely join the squares together.

Turn to front side and cover the top and bottom of the seam by sewing small, neat chain stitches with a contrasting coloured yarn.

When you have stitched together 6 rows of squares, lay them out again ready to join the long edges of the rows into a square blanket. Make sure each chain stitch line joins up and the angles are neat. Overstitch together on the reverse with your chosen contrasting colour and cover the seam on the right side (front) of the blanket with small chain stitches as before.



Sew a neat chain stitch along the seam

Blanket edges

Some ideas for a neat finish!

Blanket cord

With DK yarn in same contrasting colour as seams, create a 4 stitch cord using a knitting mill, approximately 3,6 metres (4 yards). Whip stitch the cord in place around the edge of the blanket with wool.



Blanket cord edging

Blanket stitch (Double crochet edging)

With crochet hook size 2,5mm and the same contrasting yarn used for seams double crochet a blanket stitch effect as follows: dc1, chain 2, dc1 chain 2 (dc 5mm apart).

Knitted edging

Cast on 5 stitches, knit next row and continue to knit garter stitch, the length required for knee blanket is approximately 3,6 metres (4 yards) 50g of yarn.

Make a mitred edge for the corners as follows: K 4 sts, turn, knit to end, K 3 sts, turn, K to end, K 2 sts, turn K to end, K 1 st turn K to end, next row K, next row K 4 sts, turn, knit to end, K 3 sts, turn, knit to end, K 2 sts turn, knit to end, K 1 st turn K to end, continue straight knitting.

Neatly stitch the knitted edging in place around the edge of the blanket with wool.

Lightly steam press blanket edges.

All ends of yarn should be securely woven in and snipped off. Check that pins or needles have not been left in your work.



Blanket stitch
Double crochet edging



Knitted edging

Find Jane's helpful '**How to**' videos online at inspireculture.org.uk/Knit

We would love you to send us complete blankets, but we will also accept 15 cm/6 inch squares for our **Blanket-a-thon** events.

Care Squares donated by 1 August 2024
will be displayed in a celebratory exhibition
from **14 August to 24 September** at **Mansfield Central Library Gallery**.

We are hosting **Blanket-a-thon** events in libraries.

Join us at a **Blanket-a-thon** event and get together with other crafters to enjoy collectively sewing your squares into a blanket, or two!

Find your nearest **Blanket-a-thon** event at an Inspire Library and all the latest woolly information here:
inspireculture.org.uk/Knit

Our thanks to project partners:

Your Health Notts
yourhealthnotts.co.uk

Newark and Sherwood District Council
newark-sherwooddc.gov.uk

Jane Withers
Janieknittedtextiles.co.uk

Dementia Action Nottingham and Nottinghamshire, find them on Facebook

Creative Lives
creative-lives.org



CARE
Squares

For your name to appear on our list of makers please fill in the details below and attach to your work before handing in to your nearest Inspire Library.

From

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

at

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

THANK YOU!