

Have a go at: Creating a Twiddle Sleeve

There is no right or wrong way of creating a twiddle sleeve. The aim of each one is to create something that will keep hand busy “remembering”. It is known that many patients suffering from dementia often find comfort in having something for their hands to do. Knowing that these interactive textiles can help it is important that different textures and embellishments are used as possible.



Things to consider:

- Think about the different texture of wool, so pull together different thicknesses, pure wool, cottons and try really feel them before you use them
- Colour is important, bright cheerful colours are great, but think about contrasting colours as well. Mixing in a really bold colour amongst a muted pallet of colours will draw the eye.
- Consider the inside and the outside of the piece; attach buttons, hooks, pom poms to both sides.
- Think about soft and smooth versus hard, rough or bumpy textures.
- Consider changing your stitches, mixing up knit and purl stitches can provide some really interesting patterns and textures.
- Make groves for fingers to run up and down or create holes to insert ribbon or lace, this provides texture for inside and out
- You can create your own original twiddle sleeve, but do see the pattern below as an example
- Consider adding a smell to your sleeve, a small fabric parcel attached with a popper so that it can be changed/washed is a good idea, you can insert lavender or scented rice if you wish.



Pattern/guidelines to recreate the above Twiddle Sleeve

You will need:

Size 6 or 8 knitting needles

Selection of wools from DK, cotton and super fine

Selection of ribbons, buttons, name tags, length of pom pom trim, felt and poppers

Cast on 70 stitches

Knit 16 row of rib in a DK wool (K2, P2)

Row 17 change colour and K for the next 6 row

Row 23 change colour and knit 16 rows in stocking stitch (Knit one row, Purl one row)

Row 39 change colour knit 3 rows (**Note you could insert eyelets here is you wish to insert ribbons**)

Row 42 purl

Row 43 knit

Row 44 purl

Row 45 knit

Row 46 knit

Row 47 Change colour and knit the next 16 rows in stocking stitch

Row 63 & 64 Knit a contrasting colour (in this case bright pink in DK)

Row 65 Change colour and knit 5 rows in stocking stitch

Row 70 continue in the same colour and knit for 14 rows

Row 84 K

Row 85 P

Row 86 K

Row 87 P

Row 88 Change colour and knit in rib for 6 rows

Row 94 Change colour and knit for the 8 Rows

Row 102 Change colour and continue in stocking stitch for the next 6 rows

Row 108 Change colour and continue in rib for the next 8 rows

Cast off

Created by Clare Spender – August 2016



Embellishment of sleeve

Now you can start to add buttons, ribbons, lace or labels. Really think about the textures, close your eyes and feel where best to place them. If you are thinking of sewing on a button choose a texture that really stands out from your knitting underneath. You could stitch some ribbon on first to really contrast the textures. I have attached a hand stitched felt flower on the example above using a popper however I have attached a piece of ribbon to the flower to prevent it from falling off should the popper be used.



I have hand stitched pieces of ribbon, length of pom pom trim and name labels to the main body of the knitting and to the cuffs, creating different areas for fingers to play with.



Using a large wool needle I have hand stitched through the knitting and tied knots to create threads to play with.

When you are happy with your finished piece, turn the right sides together and hem along the long edge of your knitting. Turn your sleeve through and you are finished!

These are just a suggested pattern, you can create your own and in any way you wish.

Look out for twiddle cuffs and twiddle cushions on the Moodle!

