

Crafting for Good: a guide to caring through crafts

To ensure that your time and handmade gifts are put to good use, please read the information below and be mindful of the following guidelines when making your special crafty donations.

For more information or any questions, inspiration or just to let us know what you're planning on making, please feel free to contact Katherine, who is looking after our crafting donations. Her email address is katherine.ebbs@shct.nhs.uk or she can be reached on **01147004430**.

You can donate your completed crafts by either sending them to our address or by dropping them off at our building –

Sheffield Hospitals Charity
Office Se6
Leah's Yard
Cambridge Street
Sheffield
S1 4HP

We would really appreciate you providing your name, address, phone number, and email along with your kind donations. So that we can keep track of what you have donated and send you information on how you helped.

Thank you so much for making good and caring through craft.

Twiddle Mitts/Muffs

Twiddle mitts are knitted cuffs that have a range of embellishments securely attached to them, on the inside as well as the outside.

For dementia patients, they provide a welcome distraction for busy minds as fidgety fingers explore different colours, textures, and movements of accessories.

The consensus on size is aim for a rectangle of around 11" (28cm) wide by about 23" (58cm) long before lining, decorating, and stitching the ends together to make the cuff shape.



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They are perfect for making use of left over balls of wool! Using up odds and ends produces a mitt in a range of colours and textures, which is a good thing for added stimulation.

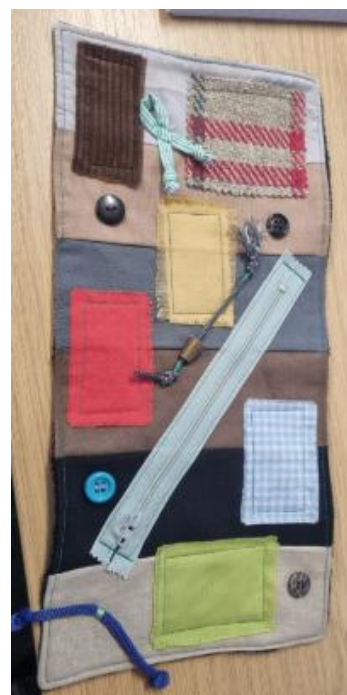
(Please see the guidelines that follow before starting your Twiddle Mitt project)

Twiddle Mats

Like Twiddle Mitts, Twiddle Mats are a great source of visual, tactile and sensory stimulation for people with dementia. Twiddle Mats are very versatile, lending themselves easily to knitters, crocheters, and stitchers alike.

You could keep the base of your Twiddle Mat plain or make a patchwork with squares in a variety of patterns, colours and materials. Aim to keep your Twiddle Mat no larger than about 24"/60cm square (though smaller than this is absolutely fine and still does the job nicely).

(Please see the guidelines that follow before starting your Twiddle Mat project)



Guidelines to note when making Twiddle Mitts/Twiddle Mats:

Please avoid using –

- Types of wool that can be easily pulled apart
- Any attachments less than 3cm in diameter
- Wide toothed zips
- Ribbons containing wire
- Pom poms
- Things that are brittle or can break easily, such as clay beads

All suitable embellishments must be very securely attached to withstand rough treatment.

Decorating with knitted/crocheted buttons or flowers is a good idea.

Consider lining the inside of a mitt with soft material (like fleece).

Consider sewing on a pocket for keeping a favourite photo, a spare hanky, or simply to amuse busy hands.

Octopi

The shape of a knitted or crocheted octopus is perfect for a dementia patient's hands to fiddle with.

The bright colours and soft texture can soothe the anxiety of people with dementia when they visit hospital, and they also spark conversations.

Heads should be 6-9cm / 2.5-3.5 in. from top to bottom.

Tentacles should not be more than 22cm / 8.5 in. when stretched.

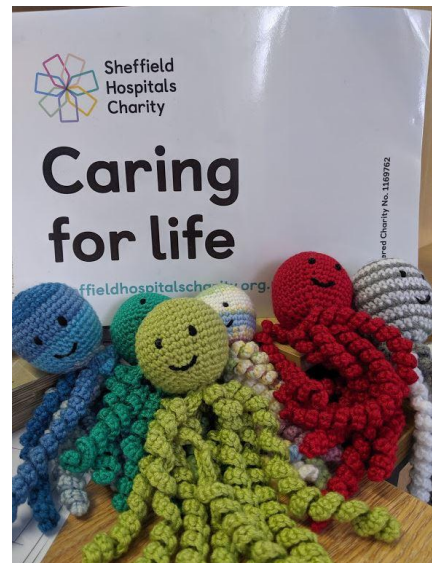
Guidelines to note when making an octopus:

Please use –

100% anti-allergenic cotton yarn only – we recommend 4 ply (you may use one or more colours for the body, bottom and tentacles in whatever combination you like).

Scrap cotton yarn or embroidery thread for eyes, lips, and (optional) additional attributes.

Anti-allergenic toy filling/stuffing, preferably washable at 60 degrees (it is important to make sure that the filling does not go through the stitches).



Bonding Hearts

These fabric hearts are given to both parents and babies on the Jessop Wing Neonatal Unit.

A parent wears one next to their skin and the other is placed with their baby.

Swapping these hearts regularly helps to get parents and babies used to each other when they are unable to cuddle and hold each other close.



Guidelines to note when making Bonding Hearts:

- Bonding hearts should be made of 100% cotton.
- Please keep bonding hearts free of additional decorations (such as beads, buttons or bows), with no loose threads.



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Bereavement Hearts and Forget-Me-Nots

These fabric hearts and crocheted/knitted forget-me-not flowers are for Jessops bereavement and Palliative Care.

One of the hearts and flowers from the pair go with someone's loved one to rest and the other stays with the individual that has had a loss.



Hats for Homeless People

The A&E department have requested knitted and crocheted hats to keep homeless people who visit warm and protected.

It is so important to stay warm, especially if you're feeling under the weather. For those leaving the hospital with no home to go to, something warm could make a real difference. Any colour wool is perfect. The need is simply warmth and support.



While you're here...

As well as knitting and stitching, there are a huge variety of other ways you may wish to support your local NHS staff in providing the best possible care for patients and their loved ones.

From taking a collection tin to your local craft shop on your next wool run, arranging a charity tea party, considering us for your next Christmas donation or even giving a gift in your will, you can make an incredible difference to the NHS services on your doorstep here in Sheffield.

If you have any questions about other ways that you can support the charity, or general questions about what we do, then please get in touch by e-mail at charity@shct.nhs.uk, by telephone on **01147004430**, or by post.

Follow us on social media!

Search for **Sheffield Hospitals Charity** on Facebook or LinkedIn, or find us **@SHCFundraising** on Twitter, or **@sheffhospitalcharity** on Instagram.

Alternatively look at our website: www.sheffieldhospitalscharity.org.uk

Thank you for your kindness!



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