



Instructions: FIDDLE MUFF

(Project via CWA of WA Community Co-ordinator (Jan 2020))

Note: if 6 months have passed since the above date, please check that this item is still required before you begin.

A unique sensory item which fits snug around the hands. Made in various colours and textures, it provides comfort, enjoyment and stimulation, being ideal for patients in hospitals or nursing homes who may suffer from dementia, nervousness, restlessness etc. Designing a fiddle muff is a wonderful way to be creative and a great opportunity to use all those "bits" that have been gathering around your house!

Before starting your unique fiddle muff:

Please ensure that added items are very securely stitched on. Especially to survive hospital laundries. That no pieces on the rug will damage delicate skin. And that the rugs have no pockets that items (such as hearing aids, dentures, food etc.) can be hidden in (it does happen!).

Guidelines:

This muff pattern is perfect for using up leftover and odd balls of wool.

Needles: 8mm circular or 6.5mm straight needles.

Instructions:

Cuff: Cast on 40 stitches using 2 strands of double knitting wool (you can also use 1 strand of chunky wool).

Work in stocking stitch (knit a line pearl a line) for 11 inches.

Muff Body:

Continuing with stocking stitch and using up oddments of various textures of wool (ie: chunky, mohair, ribbon) until work measures 23 inches.

Cast off.

Decoration and finishing:

Decorate the muff body with beads, flowers, zips, loops etc.

Neatly join side sides together with pearl side facing you.

Turn inside out.

Push the cuff up inside the muff body.

Neatly sew together the two ends.



Suggestions for suitable accessories:

- Buttons- preferably large and either in bags or well attached onto the rug.
- Textured fabrics- e.g. velvet, velour, fur, flocked, satin lace.
- Zips- either with a smooth ring or loop in the slide.
- Cotton reels threaded on tape or shoe laces (ensure there are no sharp edges).
- Shoulder pads- stitched either across the centre or all the way around to ensure no pocket.
- Velcro- with a ribbon loop to pull.
- Bouncy balls- in a bag.
- Small cat toy balls- in a fabric tube