



Instructions: FIDDLE MUFF

(Project via CWA of WA Community Co-ordinator (March 2021))

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. Please ensure that no pieces on the Fiddle Muff will damage delicate skin.

Guidelines:

This muff pattern is perfect for using up leftover and odd balls of wool. Can be knitted or crocheted with any stitch.

Instructions:

Muff Body:

Can be knitted or crocheted. Using up oddments of various textures of wool (ie: chunky, mohair, ribbon) until work measures 30cm x30cm.

Inside cuff:

Size to be 30cm x30cm. Can be knitted or crocheted or a material lining can be used (a material lining is cooler for summer).

Decoration and finishing:

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

Neatly join side sides together.

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 muff.
- 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).
- Velcro- with a ribbon loop to pull.
- Bouncy balls- in a bag.
- Small cat toy balls- in a fabric tube