

# Textured Twiddlemuff



A twiddlemuff is just like a hand-muff, but with a variety of textures and twiddly fiddly bits on both the outside and inside.

Twiddlemuffs are particularly useful for dementia sufferers and their carers. The unfamiliar surroundings of a hospital can cause an unsettled patient to fiddle with medical equipment, such as IV lines. But a twiddlemuff can keep those fingers busy elsewhere. They are also useful for autism and Alzheimer patients.

This twiddlemuff pattern is designed to provide texture on the outside, plus the luxury of a soft lining on the inside, to give you a high quality twiddlemuff for those in need.

## introduction

### Materials:

- 1 x skein of Stylecraft Special Aran (100g/ 196m)
- Assorted remnants of standard DK weight yarn held double (approx. 130-150g)
- 5.5mm Knitting Needles
- Darning Needle
- Assorted twiddles

### Difficulty: Beginner

#### Skills Used:

- Knit & Purl

### Sizing:

- Gauge: 15 sts x 22 rows (but not overly important)
- Size: 16cm wide x 29cm long

### Abbreviations:

- K = knit
- P = purl
- St/ sts = stitch/ stitches
- RS/ WS = right side of work (i.e. front)/ wrong side of work (i.e. back)

### Pattern Construction:

The twiddlemuff is worked in one piece. The lining is worked first, and then the outer layer. Once the knitting is complete, the two long sides are sewn up, the lining pulled into the outer layer, and then the cast on and cast off edges are seamed to close the lining and outer layer together. Twiddles are then securely sewn on.

The lining is made using one strand of aran weight yarn. You may choose to use one colour throughout, or alternate to use up leftovers, etc. The lining will only really be seen at the edges.

The outer layer is made using two strands of DK yarn held double. Aran and fingering weight yarn can also be used alongside one strand of DK, as well as fluffy and textured yarns, to help use up leftovers. The outer layer is the perfect place to switch colours and textures in and out as you choose, and use up the little remnants of yarn from other projects.

**Note:** It is important to contact your local care home or hospital BEFORE you start making your twiddlemuffs. Some of them have very strict requirements in order to maintain the health and safety of their patients. Every place is different. For example some may ask for natural fibres only if they use a lot of oxygen tanks (synthetic fibres can generate static electric which can become explosive!), where others may ask for synthetic fibres due to hot washing requirements. Others may say for example that small keys are not allowed to be used as twiddles, where some may say they can.

## pattern instructions

### Lining

Using 5.5 mm needles, cable cast on and aran weight yarn, cast on 52 sts.

Row 1 (RS): Knit to end.

Row 2: Purl to end.

Repeat above two rows until work measures 11"/28cm from the cast on edge.

### Outer Layer

Switch to DK yarn held double.

#### Garter Stitch Section:

Knit 6 rows.

#### Broken Moss Stitch Section:

Row 1: Knit 1 row.

Row 2: \*P1, k1\* repeat to last two stitches, purl to end.

Row 3: Knit 1 row.

Row 4: P1, \*p1, k1\* repeat to last stitch, purl.

Row 5: As row 1.

Row 6: As row 2.

#### Stocking Stitch Section:

Knit 1 row.

Purl 1 row.

Work above two rows twice more.

Work all three sections three times more.

Work Garter Stitch Section once more.

Cast off.

Weave in any loose ends securely.

Sew the two long sides together.

Pull the lining inside the outer layer.

Line the seam up so the lining isn't twisted, and sew the cast on and cast off edges together.

Lastly, securely sew on the twiddles. I personally add 5 twiddles on the outside, and 4 on the inside.

[There is a photo tutorial here if it helps.](#)

## Help and Support

I hope that you thoroughly enjoy knitting this pattern.

If you have any questions, technical difficulties, or need help, please email [help@thefatedknitter.co.uk](mailto:help@thefatedknitter.co.uk). Knitting is meant to be stress-free, so please don't hesitate to get in touch if you have any problems, questions, or comments.

We aim to respond within 48 hours of receiving your message, excluding weekends.

## ...and Finally...

I would LOVE for you to share photos of your finished projects with me!

You can find my page, The Fated Knitter, on Facebook, and share your photos in the “visitor posts” section.

Have lots of fun, and I hope to hear from you soon!

Best wishes,  
Sam xox

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