

Twiddle Squares



What are Twiddle Squares?

Twiddle Squares are 10cm/4" squares which can be joined together to make Twiddle Blankets not more than 60cm/24" square for patients with dementia. We hope that volunteer knitters will come forward to help us produce Twiddle Squares as part of our dementia awareness work.

The blankets will benefit dementia patients staying on the wards at the Bristol Royal Infirmary, Bristol Heart Institute and South Bristol Community Hospital. Patients can then take the blanket with them when they are discharged.

People with dementia often have restless hands and like to have something to keep their hands occupied. So a Twiddle Blanket is a great source of visual, tactile and sensory stimulation, keeping laps warm and hands occupied!

Twiddle squares can be plain or patterned, with or without tactile items like buttons, tassels, zips and ribbons. You can even complete a whole blanket if you like!

If you would like to help our patients in Bristol, we have included some basic patterns on the next page. The blankets will be distributed free to our patients.

You will need

Any yarn, washable at 30°C – odds and ends are fine.

Knitting needles – see the ball band of your yarn for suggested needle size and number of stitches for 10 cm/4 inches of knitting.

Buttons, ribbons and other trimmings.

Instructions for diagonal square



1. Using any yarn, cast on 1 stitch.
2. Knit one in front, one in back, and another in front of the single stitch (you have made 2 additional stitches).
3. K1, M1, K to end of row.
4. Repeat row 3 until the diagonal edge measures 10 cm/4 inches.
5. K1, K2tog, K to end of row.
6. Repeat row 5 until you have 2 stitches remaining, and cast off.

Instructions for basic square

1. Using any yarn, cast on the number of stitches recommended for 10 cm/4 inches. You will find this info on the ball band of your yarn, along with the recommended needle size.
2. Knit in stocking stitch, or your favourite lace/cable pattern, until the work measures 10 cm/4 inches.
3. Cast off.

Bring your squares to:

The Welcome Centre, at the main entrance of the Bristol Royal Infirmary
or
Reception, at Trust Headquarters.

Respecting everyone
Embracing change
Recognising success
Working together
Our hospitals.

For more information, contact volunteering@uhbristol.nhs.uk

Knitting terms

k knit

p purl

m1 make 1 stitch

stocking stitch row 1: knit, row 2: purl, repeat rows 1 and 2.

k2tog knit 2 together

k5tog knit 5 together

CO cast off



Instructions for Forget-me-Not

1. Cast on 40 stitches in blue yarn.
2. K to end of row.
3. *K1, CO6* to end of row (10 stitches remaining).
4. Cut yarn leaving a 20cm/8in tail. Thread the tail through the remaining stitches and draw it tight and secure it to form the flower.
5. Embroider a yellow centre to the flower.

Want to add some extras?

- Made lots of squares? Feel free to sew or crochet them together into a blanket no more than 60cm/24" square.
- Using odds and ends of yarn makes for randomly stripy squares.
- Add a Forget-me-Not, the symbol of dementia awareness.