

# Durning Library



## Calling all knitters to knit

# Twiddle Mitts

### Tuesdays - 10.30am - 12 noon

The Falls and Dementia Teams at King's are asking knitters to make twiddle mitts for patients with dementia .

Twiddle mitts are simple knitted cuffs, to which a range of items, including ribbons, buttons or beads, can be sewn and which provide activity for patients.

They are colourful, multisensory distractions that help keep restless hands occupied and cold hands warm.



King's College Hospital 

NHS Foundation Trust

Durning Library

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Lambeth