

# Skye Agricultural Society - Skye Show

Saturday, 5<sup>th</sup> August 2017

King George V Playing Field, Portree, IV51 9BW

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## Twiddlemuff Patterns

If you enter “twiddlemuff pattern” in your computer’s search engine you’ll find many free patterns and inspirational photos. If you include the word knitting, sewing, or crochet in your search you’ll help refine the results to the craft you’d like to use to make your twiddlemuff.

You will also find articles explaining how useful twiddlemuffs are to provide stimulation to someone who’s living with dementia.

Here are links to excellent explanatory videos and patterns

<https://www.youtube.com/watch?v=GC4VuFhVu7U>

<https://www.youtube.com/watch?v=XKUQEzuoixc>

<https://www.youtube.com/watch?v=fYvJP8JgYnQ>

<https://www.youtube.com/watch?v=jYpLghrvlDc>

### Crochet

<http://www.ravelry.com/patterns/library/twiddle-muff>

### Knitting

<http://www.knitforpeace.org.uk/wp-content/uploads/2015/07/Twiddlemuff-Pattern.pdf>

[http://www.whh.nhs.uk/\\_store/documents/twiddlemuffsknittingpattern.pdf](http://www.whh.nhs.uk/_store/documents/twiddlemuffsknittingpattern.pdf)

<http://www.ravelry.com/patterns/library/twiddlemuff>

[http://www.rdehospital.nhs.uk/docs/trust/pr/2015/Twiddlemuffs\\_Instructions\\_24-01-15.pdf](http://www.rdehospital.nhs.uk/docs/trust/pr/2015/Twiddlemuffs_Instructions_24-01-15.pdf)

<http://www.thesenior.com.au/lifestyle/pattern-make-your-own-twiddlemuff/>

### Sewing

<https://www.facebook.com/SarahsSewing2207/posts/882201155156635>

Please remember to enter your twiddlemuff in Skye Show’s Craft for a Cause.

Twiddlemuffs can be:

- Brought to the Show
- Dropped off at the NFU Mutual Office in Portree or
- Posted to NFU Mutual, Unit 2, 6 Leasgeary Road, Portree, IV51 9BE (please include a completed registration form which you can [download here](#)).

[www.skyeshow.org.uk](http://www.skyeshow.org.uk)