



WELCOME TO THE KNIT-FOR-NOWT

NEWSLETTER



JUNE 2026

Once again, you've been absolutely brilliant and completed our previous waiting list of just over 200 requests! Thank you so much

The new waiting list closed after 268 orders from therapists very keen to receive your items

So PLEASE KNIT, CROCHET or SEW during this summer





What's in this Newsletter?

- 1-2 **Intro**
- 3-4 **Latest KfN news and info for makers**
- 5 **How are your items used?**
- 6 **"Hattie" fashion parade**
- 7 **Chinese Waves knitting stitch – give it a try??**
- 8 **Article: key Play Therapy case examples and which of our items help**
- 9 **Case study by a Psychotherapist**
- 10 **MOJO appeal – sewers, could you make us a Mojo?**
- 11 **Puppet makers – please include some of your sets with brown faces**
- 12 **Diary of a monster maker (aka Clare)**
- 13 **Frogs legs and buttons!**
- 14-15 **A selection of therapists' requests**
- 16-24 **Recent feedback from recipients of our items**
- 25-30 **GALLERIES of recent items. Can you spot yours??!**
- 31 **Safety checks which we ask that you do yourself**
- 32 **Approved stuffings list.**
- 33 **Summary of all items KfN makes**
- 34 **End page and contact details**



LATEST NEWS

STATS:

Number of therapists taken onto our new list:

268

Number of "Followers" on our main Facebook page:

7,800

Number of organisations/therapists supplied in total so far since we started

Over 3,296

NOTES AND REQUESTS FROM CLARE:

- **We were absolutely overwhelmed by the number of orders we received** at 8am on the 18th May when I opened the waiting list, and after 9 minutes we had reached our planned target of 200 requests! They just poured in. I felt it was a bit unfair to close the list again after such a short time, so I left it open until 8.30am, by which time we'd amassed 268 requests. It just shows how much our items are valued and needed, and we received a lot of very heartfelt and passionate pleas for our help. So please keep your items coming because every single one you make will go directly to helping a child or multiple children.
- **A draft of the brand new pattern for Hattie the worry monster** has now been sent out to our very kind test knitters. Many thanks go to Penny (in North Yorks) who is the originator of this wonderful pattern, and to Val and Vanessa (in London) who have all been working on it for us. It will be a fantastic addition to our monster repertoire. Various versions of Hattie have been tried out, and you can see pictures of those on page 6. The finished pattern will appear on the website "Patterns for Worry Monsters" page in a few weeks' time
- **We'd like more pregnant puppets and bully/groomers please** if poss.
- **Pocket depths in your worry monsters/animals.** Because editing patterns is like painting the Forth Bridge, it takes ages to alter all patterns, but we are in the process of trying to do just that because some of the patterns still give an exact measurement for the worry pocket which isn't long enough. In light of the needs of the therapists we now ask that you make your pocket as long as possible, reaching nearly to the bottom of your item if that's feasible. This is because the items can be used in group or class situations where multiple children will post their worry papers in and there must be enough room. In the case of items used with individual children there is still a need for a long pocket because the child may have multiple worries and might wish to post several papers in. So please just ignore the recommended length for the pocket and "do your own thing"!

See page 5 for examples of both usages.



USUAL REMINDERS – useful for those who are new to KfN

- Sara, owner of Black Sheep Wools yarn shop www.blacksheepwools.com is offering all Knit-for-Nowt makers a 10% discount. If you haven't been sent it, please apply to Clare for the discount code. Then you can order, quoting the code, either on the phone, online, or in person, and you will get 10% off your purchases. The code for 2026 will be the same as before but just put 2026 instead of 2025 at the end.
- All technical **knitting and/or knitting pattern questions** are best directed towards Val please on knitfornowtnewmakers@gmail.com
- If you'd like to join our hidden, **private Facebook group** – please contact Val on knitfornowtnewmakers@gmail.com It's a very friendly group where you can ask questions of other makers, post pictures of your work if you wish, or just stay silent and get inspiration from other people's ideas. It is hidden from public view.
- For a **list of all organisations**, sorted by regions, so far helped by KfN, go to the website page <https://www.knitfornowt.org/quotes-from-recipients>
- **The running total of how many therapists are left on the waiting list** is updated regularly on the website page "Waiting List Info". Scroll down to the bottom of the page. If it doesn't move much it means you aren't knitting/sewing fast enough!!
- And a reminder regarding the note inside your parcel. Please include:

- Your full name (with surname)
- Your email address
- Your county
- The Trade Name of the stuffing you used (if you did!)

HOW ARE YOUR ITEMS USED?

Your worry monsters, worry animals and hand puppets can be used by multiple children in a class or group therapy situation as in the picture with Mojo below



Or they can give immense help to individual children when used one-to-one



HATTY FASHION PARADE: HATTIES TRIED SO FAR!

Our brand new monster pattern is currently being tried out in various types of yarn: DK, double DK, Aran etc. and with differing stitch patterns including Chinese Waves

Which Hattie do you like the best??!



CHINESE WAVES

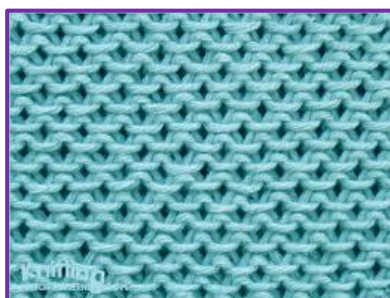
Do you ever feel you'd like to make a monster with a new, different stitch pattern?? If you're an experienced knitter you may know this stitch, but if not, our new pattern for a "Hattie" monster has the option of knitting the CHINESE WAVES stitch pattern. If you've never tried it, here are the instructions:

The Chinese Wave stitch is an easy-to-learn 4-row repeat knitting pattern that creates a textured, slip-stitch fabric. It uses an odd number of stitches, alternating knit rows with slip-stitch rows to create a dense, slightly wavy texture, often worked with more than one colour, or as a textured solid colour.

Basic Chinese Waves Pattern (Flat)

- Cast On: Odd number of stitches.
- Row 1 (RS): Knit all stitches.
- Row 2 (WS): K1, *Slip 1 purlwise, K1; repeat from * to end.
- Row 3: Knit all stitches.
- Row 4: K2, *Slip 1 purlwise, K1; repeat from * to last st, K1 (or end Sl1, K2).
- Repeat: Rows 1-4

Ideal for beginners, it can be worked in a single colour for texture or with alternating colours for a stronger, graphic wave effect. You need 3 colours, as it won't work with two though! Change colour on each row



Key Play Therapy Case Examples

with suggestions as to which of our specific items would help *(source of the examples: internet)*:

- Trauma and Domestic Violence (8-year-old boy):** A child witnessing parental conflict used aggressive puppet play and sand tray figurines to act out the "baddy" (father) hurting other characters. Through consistent, non-judgmental play, he processed the trauma, moving from intense anxiety to increased calm and verbal expression of his feelings.

Worry monster/animal, Mojo monster, Family set, Shouty/Pouty set, monster with bruises, Emoti colour puppet set
- Grief and Loss (7-year-old boy):** Following his mother's death, a boy used a toy hospital set to play out scenarios where doctors could not save patients. Over several sessions, his play evolved to doctors saving patients, which correlated with improved sleep, reduced withdrawal, and better social interaction.

Worry monster/animal, Mojo monster, Professionals hand puppet set, monster with bruises, disability monster, Emoti colour puppet set
- Anxiety and Psychosomatic Symptoms (10-year-old boy):** A child suffering from extreme anxiety-induced migraine headaches following 9/11 engaged in art and play therapy. By "painting" his fears, he brought them to the surface. As his art became less dark and fearful, his headaches reduced

Worry monster/animal, Mojo monster, family hand puppet set, Emoti colour puppet set
- Child Survivors of Sexual Violence (5-year-old girl):** A girl exhibiting sexualized behaviour and urinary incontinence after abuse used dollhouse play to re-enact abusive situations. This allowed her to disclose the abuse and begin processing the trauma in a safe environment.

Worry monster/animal, Mojo monster, Zippy with pants, family puppet set, professionals puppet set, bully/groomer, Shouty/Pouty, Emoti colour puppet set
- Attachment and Trauma (7-year-old boy):** A child in foster care with severe tantrums engaged in a blend of Theraplay and Sandtray-Worldplay. The focus was on "PLACE" (Playful, Loving, Acceptance, Curious, and Empathetic) to build attachment and process prior neglect

Worry monster/animal, Mojo monster, family puppet set, professionals set, Shouty/Pouty, bully/groomer, Emoti colour puppet set

Feedback from a psychotherapist, Essex, received by KfN recently

Case Study: How Worry Monsters Support Children in Therapy

As a children and young people's counsellor and psychotherapist, I often work with children who find it difficult to verbalise their worries directly. For many children, feelings can feel overwhelming, confusing, or even unsafe to express. The introduction of the Worry Monsters has provided a gentle, creative bridge into therapeutic conversation.

Background

"Child A", was referred for anxiety-related difficulties, including sleep problems and school avoidance. In sessions, Child A initially struggled to talk about what was worrying them. When asked direct questions, he would shrug, change the subject, or say, "I don't know."

Introducing the Worry Monster

I introduced one of the Worry Monsters as a "helper" in the room, someone who could look after worries between sessions. I explained that sometimes worries feel smaller once they are written down or drawn and placed somewhere safe.

Child A was hesitant at first, but he chose a monster he felt looked "kind but strong." This choice alone opened up valuable therapeutic dialogue about safety and protection.

Over the next few sessions, Child A began drawing pictures of his worries and posting them into the Worry Monster's mouth. Sometimes the worries were written; other times they were symbolised through drawings (storms, shadows, "mean words").

This process helped in several ways:

- Externalisation of anxiety – The worry became something separate from Child A, rather than something that *was* him.
- Emotional containment – Posting worries created a tangible sense of release and containment.
- Increased communication – Once the worry was on paper, Child A found it easier to talk about it.
- Sense of control – Choosing when and how to "feed" the monster empowered him.

Therapeutic Impact

Over time, Child A began spontaneously asking, "Can I give this to the monster?" when discussing difficult experiences. His ability to identify and name feelings improved significantly. He also reported fewer bedtime worries and began attending school more consistently.

The Worry Monster became more than a tool, it became a transitional object symbolising safety, expression, and emotional regulation.

The generous donation from Knit for Nowt has enhanced my therapeutic work enormously. These resources are already making a meaningful difference in helping children feel heard, empowered, and supported.

MOJOS APPEAL!

We have some great contributors of sewn Mojo monsters. Their donations of Mojos are SO much valued. The need for these items is like a bottomless pit! Almost all therapists would like one, so if anyone else who sews would like to have a go, please see the Mojo sewing pattern on the website. If you need advice on making these, Clare can put you in touch with one of the makers who will be able to give you useful tips.

And we want to say a huge thank you to Ann in Hampshire for her absolutely amazing support of KfN: Ann sews really beautiful Mojos, with excellent facial expressions and lovely fabrics, and has been supplying an average of 10 Mojos about every fortnight for the past two years. Ann has made approx. 570 Mojos so far!! Thank you again Ann for all that you do to help children.

And that's not to forget other makers who have also continued to supply both monsters and puppets in large quantities. There isn't space here to credit you all, but you know who you are! Please be assured that your work is hugely appreciated.



One of Ann's Mojos, labelled, packed up in plastic, and ready to be posted to a therapist



PUPPET MAKERS!

As the UK is nowadays a multicultural society, we need to include puppet sets that the children will identify with, so it would be very helpful if puppet knitters could vary their sets between the “white” sets (done in pale pink or cream face colours) and the “ethnic” which need to be in a shade of brown (but not black thanks). We prefer each set to have all the same coloured yarns for the faces (rather than mixing within the set). That’s because, ideally, we like to send out both a “white” and a “brown” set to those therapists working in areas of high ethnic mix, so that they can mix and match their two sets to suit any family. But within the profs sets please feel free to mix the face colours.

To inspire you, here are Helen’s crochet brown and dark brown examples:

Two from her mid-brown set



One from her darker brown set



And three of Christine’s knitted “white” puppets



DIARY OF A MONSTER MAKER (aka Clare!)

Monday	Cast on – count stitches furiously, trying to ignore all sounds around me. I am a beginner and I know that if I get this wrong at this stage all the calculations will come out wrongly when increasing/decreasing.
Tuesday	Start knitting – things are going well until husband drops fish pie on carpet – it slides off his tray. I jump up, throwing knitting down, help clear up said pie, go back to knitting and find I've dropped a stitch (or could be two). A lot of cursing and swearing ensues and switching of stitches from needle to needle in the vain hope that it will cure what I've done. It doesn't, in fact I've now made it worse.
Tuesday – Fri	Knitting put away for four days until I can take it to Val.
Friday	Val fixes it in approx. 2 minutes – genius knitter.
Tuesday	Onto the pocket now, it seems to take forever as I'm following my own advice and trying to make it reach right down to the bottom of Toothy. Seemingly years later it's done!
Wednesday week	Get as far as knitting the eye backs – Oh, no! Not in middle of face. Unpick eye backs from monster's face – try again and they're OK.
Thursday	Time to put the safety eyes in – flex my muscles several times, take huge breath and PUSH. No, the backs aren't in. A lot of muttering under my breath. Ask husband to try. After several attempts he manages to get them firmly fixed (now looking very smug at his own strength).
Saturday	Sewing up – takes ages, but it's great that he's starting to take shape. Stuffing going in, making him fat and cuddly!
Next 7 days	Arms, legs, horns, ears etc all OK. Toothy is looking good, although he has no teeth, so can't really be called a Toothy yet.
Saturday	Teeth are so fiddly aren't they. Should a monster's teeth be that white? He looks as if he's been to a dentist for tooth whitening.
Sunday	HURRAH, he's finished! Final safety checks and he's ready to go!



FROGS' LEGS! Nb. The frog pattern has recently been edited (just small edits, nothing drastic!) so please use the edited version on the website from now onwards.

Ideally Mr Frog's legs look much more realistic if his knees are bent more than in the previous pattern. Jan in Cornwall has recently given some advice on how to achieve this.

How to make your frog have very bendy legs!

Don't overfill the leg as you will need to make a bend for the knee. Then squash legs and pin as shown on photo and stitch on 3 sides, including the back of the fold. Remember to take out the pins!



BUTTONS

If you like using very tiny buttons for the eyes on puppets here's a useful link:

[500pcs 6mm Mini Round Resin Button multiple choices 2 holes sewing Scrapbooking | eBay UK](https://www.ebay.co.uk/itm/500pcs-6mm-Mini-Round-Resin-Button-multiple-choices-2-holes-sewing-Scrapbooking-/1234567890)

And for the slightly bigger ones Val suggests:

https://www.amazon.co.uk/Dophee-100Pcs-Wholesale-Clothes-Buttons/dp/B01F8FFS9Y/ref=sr_1_1?crid=AZRJL8SIGSKF&dib=eyJ2IjojMSJ9.Csbo22vad7iu1qivTAvFGA.IHB_dRVNuKfyZSmydvRLjwraa59PZieQoeZp9dm0N9Y&dib_tag=se&keywords=Dophee+100PCS+Resin+Sewing...&qid=1778766005&prefix=dophee+100pcs+resin+sewing...%2Caps%2C127&sr=8-1



A SELECTION OF REQUESTS FROM THERAPISTS

Melanie, “More than Grandparents” kinship carers charity, Sunderland

We support kinship carers and their children across the North East by offering a range of support such as peer support, 1-1 support, emotional support and access to counselling, therapeutic parenting training, kids’ clubs, youth groups, holiday activities, outings and short term respite. We support children to recover from trauma. We teach life skills, offer access to music, drama and cultural activities and mindfulness activities. Unlike children in foster care, kinship children receive very little support from statutory social care because there’s no statutory responsibility for local authorities to support them. They also don’t have priority access to mental health services to help them recover from the abuse and neglect they have suffered. This is often exacerbated by courts demanding that they have continued contact with the birth parents who caused their suffering.

Having worry monsters to help children express their worries and to help their carers to understand their worries has been invaluable. We were so grateful for the worry monsters provided by your charity previously, and these were all used with children who desperately needed assistance after suffering significant traumatic events. The worry monsters were used during session time, but they were loved so much that they were adopted by the children who had formed strong attachments to them and we felt it was important to allow this to happen, given that many of the children were suffering from attachment issues. Not to allow this may have caused further distress. We would be so grateful for this support once again but understand fully that there will be a huge demand for your wonderful service. Thank you once again.

Laura, Head of Pastoral Care, Special Needs School, Northern Ireland

We are a special school deeply committed to supporting the emotional health and wellbeing of our pupils. As the demand for therapists and specialist support continues to rise while funding is increasingly reduced, we have developed holistic, evidence-informed programmes delivered by our highly skilled and experienced staff. One such programme currently undergoing research is Creation Companions, which enables pupils to explore their emotions, experiences and worries through interaction with stuffed characters. This approach has proven especially powerful for pupils who are non-verbal or who find traditional methods of communication challenging. We have previously worked alongside a counsellor who used your worry monsters in sessions, and the impact was significant. Pupils were immediately drawn to them and were able to express feelings and worries that had previously been difficult to communicate. The tactile and symbolic nature of the worry monsters provided a safe and engaging medium for emotional expression.

We would be so grateful, and have been keeping an eye out on your site! Thank you! By incorporating your worry monsters into our provision, we believe we could add a valuable additional dimension to our work – deepening emotional understanding, promoting self-awareness and enhancing communication for some of our most vulnerable pupils.

REQUESTS FROM THERAPISTS continued

Stephanie, SENDCO*, Cheshire

As the SENDCo I support children with Social, Emotional and Mental Health (SEMH) needs and work closely with pupils and staff to help everyone feel included and supported. The role involves me promoting positive wellbeing across the whole school, running small group work, and offering 1:1 support for children who need it most. I also work alongside teachers and support staff to help plan and deliver lessons in ways that meet individual needs, build confidence, support emotional regulation, and help children engage successfully with their learning. Accessing puppets and worry monsters from the Knit for Nowt charity would support this work by giving children a safe, friendly way to express their feelings and worries, especially for those who find it difficult to talk. These resources will be used in whole-class discussions, small groups and 1:1 sessions to support emotional literacy, reduce anxiety and encourage communication. They will also support staff by providing practical, engaging tools that can be easily built into lessons and interventions, helping to create calm, supportive learning environments where children feel understood and ready to learn.

*SENDCO = Special Educational Needs and Disabilities Coordinator

Emma, Children's Counsellor, bereavement, Dorset

I am a counsellor working for both a charity (Mosaic Family Support) and in Private Practice. I work with bereaved young people and to have a set of your beautiful monsters would make such a difference to my work and help the children to express their true emotions. You work so hard to produce the most amazing resources and I would feel very privileged if you decided to select me to receive these wonderful gifts. I am more than happy to make an extra donation towards them and truly hope you may consider me. Warmest regards Emma xx ps. Thank you for all you do, it really does make a difference to children's lives.

On hearing that she'd made it onto the waiting list:

This has literally made my day, thank you so much for adding me to your list. I can't wait to receive these fantastic resources and work with them with the wonderful young people I see.

If I could ask for the hand puppets too that would be amazing but if you need to prioritise them for other counsellors I completely understand. They would help me hugely when I'm working with deep emotions that are hidden when exploring for example the suicide of a parent, losing a parent through a road traffic accident or cancer.

Once again, a massive thank you for being amazing!!

RECENT FEEDBACK FROM THE THERAPISTS

During the pandemic hospitals were unable to use our items because of hygiene regulations, but the situation has now changed and we recently supplied the paediatric department of A&E at The Royal Oldham Hospital, Lancashire.

Ben, Charge Nurse says:

"I've attached a photograph of the team with the items. We are all over the moon with the quality of them and know it will make such a difference for children in our department."

Ben and colleagues from The Royal Oldham Hospital Paediatric A&E



Michaela, Special Needs worker, Coventry

Ok now that I have stopped crying, I thought I would send you an email to say a very, very, very big thank you.

I do not know how to thank you all so much for these incredible monsters and puppets. I wasn't expecting anything as amazing as these wonderfully knitted creations. I am totally overwhelmed with the generosity of people and their incredible talent. I know these will be a valuable tool to help support our children throughout the school. I cannot wait to take them to work tomorrow x

Thanks to everyone for their kindness and time, and I absolutely love everything



Louise, Therapeutic Life Story Practitioner, Devon

Oh my goodness your parcel arrived today Clare and it has moved me to tears. I feel incredibly lucky to have the most beautiful and creative knitted puppets. They are simply wonderful and so beautifully made. I am already thinking about how I will use them in my work and if I can I will get photographs for your wonderful team of knitters to show them in practice.

Please thank them all for me and in particular Betty D, Sandra W and Dorothy L



Above: Louise (NB. The puppet on the left isn't a KfN one)

Lauren, Play and Creative Arts Therapist, Gloucestershire

I just wanted to say a heartfelt thank you for the beautiful puppets I have received from the Knit-for-Nowt team. I would especially like to extend a special thanks to the following, whose kindness and hard work are truly appreciated:

Lets Knit Group in Herts
 Orton Waterville Stitches knitting group, Cambridgeshire
 Janet R in Cheshire
 Sue J in Lincs
 Christine W in Devon
 Maria M in Norfolk
 Sandra P in Essex and Dianne D in Cardiff.

I was absolutely blown away by how much time, care and effort has gone into making these puppets. They are all so wonderful and unique in their own way, and the children I am working with are already getting so much out of them. Thank you so much again.

NeuroPlay Kids Therapy Northern Ireland Posted on their Facebook page

Helping Children Find Their Voice Through Play

We are so excited to share these wonderful handmade therapy puppets, kindly created by Knit-for-Nowt. These colourful characters have quickly become a much-loved part of our sessions.

For many children, talking about worries, fears, or big feelings can be hard. That's where puppets can make such a powerful difference. When children play, imagine, and tell stories through puppets, they often feel safer and more comfortable expressing what's going on inside.

In our sessions, puppets help children:

- Talk about feelings they may struggle to put into words
- Work through worries and anxieties
- Build confidence and emotional understanding
- Feel relaxed, engaged, and supported in therapy

We've already seen such positive responses from the children we work with. These puppets help create a warm, welcoming space where children can open up in their own time and in their own way.

A huge thank you to Knit for Nowt for the care, creativity, and kindness that went into making these beautiful puppets. They are already making a real difference for the children and families we support.

Andrea, ELSA, Lincolnshire



"Thank you so much, they're amazing!!"

A Psychotherapist says:

"It's wonderful to hear how much the makers value the feedback. Knowing that many of them bring their own lived experiences into the care and skill they put into their work makes it even more meaningful. Please do pass on my thanks to them, the items genuinely do make a difference to the children I work with. My colleagues often pop into my surgery room to give Dino, Henry and Bob (the worry monsters!) a hug after a particularly heavy day. They're loved by staff as well as the young people."

Jane, TA, West Yorkshire

Thank you all so much for the most amazing box of 'Worry Monsters' received, that have been so kindly made. They are all just amazing and will make a fabulous addition to help individuals in their ELSA sessions.



Leah, ELSA/Teaching Assistant, Primary School, Cheshire

Thank you so much for the absolutely amazing box of knitted goodies! They have gone down an absolute treat in school and are already in use by many! Please pass my thanks on to all who have been involved. Thanks again x



Dominique, TA/ELSA, Primary School, Cheshire

Just to say Wow! The worry monsters have arrived and they are just beautiful- so much detail and hard work gone in to each one. Please pass on our appreciation to all the amazing volunteers that took the time to create them for our school. The children had the biggest smiles.

Domestic Abuse unit, Wales

A huge thank you to the amazing team at Knit-for-nowt for donating handknitted worry monsters and hand puppets. The Children and Young Persons team can't wait to use them to support children to discuss their worries and emotions 💙👐



Karen, Play Therapist, Ireland

Please pass onto the knitters my deep appreciation and thanks for the very generous knits. I'm really blown away by the skill and the beautiful characters, worry monsters and puppets. The children in my play therapy room will be so thrilled, and already I can imagine how helpful they will be in their therapy. Thank you so much.

Michelle, Family Support Worker, Cambridgeshire

Just wanted to say thank you for the amazing worry dolls /monsters I received today -they are amazing and I am blown away with the attention to detail and quality -I did not expect there to be as many, the volunteers are amazingly talented -I look forward to using them with the young people I support.

Alice, Play and Creative Therapist, Bristol

I wanted to say thank you so much for my wonderful box of worry monsters and puppets. They are absolutely incredible and I'm blown away by your team's generosity.

I can already see how useful they will all be. It brought a tear to my eye thinking of all the wonderful volunteers who care so much about vulnerable children and want to help us, to help them. Thank you from the bottom of my heart to them all!

The body image monsters are going to be really helpful for my work with older primary children, some of whom already display worries about body image. The profession puppets will be so useful for using to support sessions with a child I work with who has experienced domestic violence and the court system.

The worry monsters where you can post your paper messages into are going to be brilliant for ALL children! I plan to use them not only in my therapy sessions but also in my other role as a teaching assistant to help support our children with additional emotional needs at school.

The monster with different emotion flaps is wonderful. The transgender puppet and the family puppets also. And the wonderful disability monsters and finger puppets. The bully and internet groomer puppets are genius – so helpful.

Every single item is going to be so helpful to our high needs children. Thank you so much!

Tiwone, Play Therapist, London

I wanted to write to say a sincere thank you for your kind donation of handmade puppets. It is such a thoughtful and generous gift, and one that will be put to truly wonderful use. I work as a trainee Play Therapist with primary school-aged children, and puppets are one of the most magical tools in the therapy room. They give children a gentle, safe way to express feelings and experiences that can be hard to put into words. Your donation will make a real difference to the children I work with, and I am so grateful.





Jennifer, Barnados therapist, North Yorkshire

I have just received the puppets and just wanted to say how fantastic they are! You really are such a superb organisation and we are in awe of the items. They're such fantastic tools and make it accessible for all children to be able to explore feelings through play. We are so thankful. The family puppets have already been put to great use with several Children and Young People's Services. They have loved them, exploring family dynamics around trauma and abuse. Thank you again



Above: Jennifer's Barnados team

Vicky, ELSA, Oxfordshire

A big thank you to your team for the set of worry monsters and hand puppets. They have now found their forever home in a room we call The Snug where they will be used to support children with a range of different emotional needs.

Thank you to Margaret R in Beds, Ann H in Hampshire, Enid W in Suffolk, Sally G in Derbyshire and Rosy E in North Wales.



GALLERIES OF YOUR RECENT ITEMS

Sad monsters



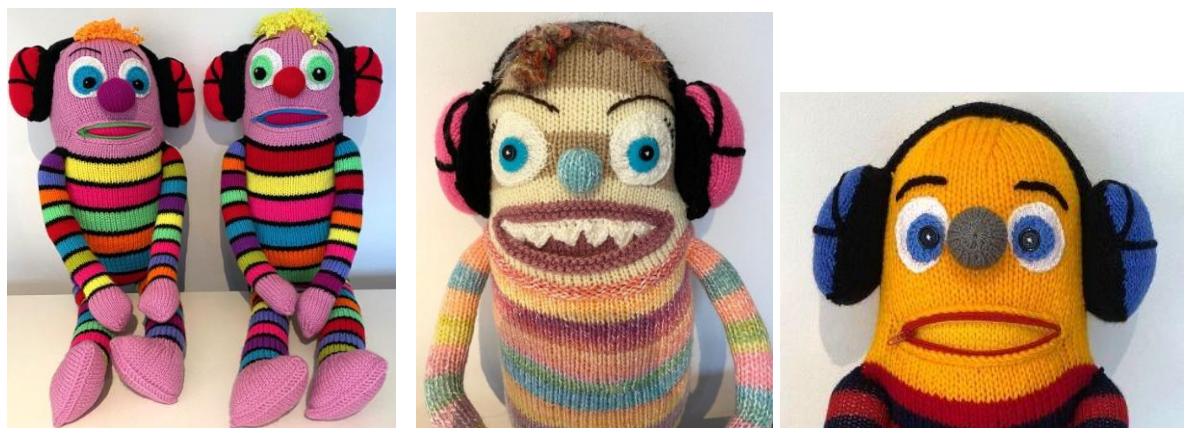
Toothies/Zippies/Curlies

NB. All pics are chosen at random and if your item doesn't appear it's never deliberate. If you'd like one of your items to appear in the next Newsletter please contact Clare.





And please could you consider knitting us some Zippies with ear defenders? These have been shown to be really, really useful with autistic children and also children who have hearing difficulty, plus many other sorts of special needs. Thank you.





ANIMALS





Well, there has been a lot of rain recently!



WHAT YOU CAN DO TO HELP

We'd like to ask if you'd PLEASE DO THE FOLLOWING SAFETY CHECKS ON YOUR ITEMS

You all make the most incredible items and for the vast majority of the time they are super safe, thank you for the checks you already make on them. This checklist might help to reassure you that you've checked over all aspects of your item, as it's so easy to forget one or two of them! We've all done it! All items are safety checked again before being sent out.

- Have I used an approved stuffing? Check the recommended stuffings document you were sent, or if you haven't received that then please contact Clare
- Have I left any pins in? It's best to use the larger headed pins but even these can become lost in the knitting
- Are all the attachments nice and firm? Pull strongly on all attachments, including any buttons – really pull! They must be absolutely secure and unable to be pulled out by a small child. Secure again anything you're not happy with



- Is the hair secure? Between first finger and thumb pull on each and every strand of yarn attached to ensure that none can be pulled out by a small child
- Have I left any holes in my work? Check your item for holes in the stitching where stuffing could be seen through. In particular this can happen at the top of the head on a monster/animal, or at the sides of the mouth pocket/mouth and where you increased the stitches. If you find any holes please sew them up!
- Is anything too long? Check that any choking hazards such as ropes, strands, ribbons, yarn, or lengths of arms/legs are no longer than a maximum of 9" (not counting feet or hands)
- Ooh, what's that pong??! Has my darling pet been lying on my work?? Have a good sniff! Ensure there are no strong odours which might affect asthma/allergy - these can include cooking smells, smoke, pets or even strong disinfectant. If the odour is strong please don't use washing powder/fabric freshener but instead rinse in fresh water and/or hang out on the line. And please check for dog/cat hairs on your work

WHAT STUFFING SHOULD I USE?

Makers quite rightly are concerned to use the correct, approved stuffing in their monsters and/or puppets' heads, but it's often difficult to tell online whether stuffings are really suitable. The old CE label has become the UKCA label after our leaving the EU, and there are various different BS markings covering flammability and cleanliness/toxicity – all very confusing! When posting items, please confirm which stuffing you have used.

Many stuffings online have the fire safety numbers but not the hygiene ones. Please don't use these even if they say they are safe for toys.

The following are at present, (@ June 2026), available online and are approved for our items. You may use others which you find with the correct markings, but these must first be sanctioned by us. We'll need the full maker's name and the link where you buy it.



HOLLOWFILL: <https://www.ebay.co.uk/itm/182637234827> This one is very cheap if bought in bulk.

If you ring the company that makes it, which is Brimlake Textiles, on 020-8806-4599 and ask for a 10k (280 Litre) bag of Hollowfill you will get a very good price.

TRIMITS: https://www.amazon.co.uk/dp/B07RR28NBP/ref=pe_3187911_185740111_TE_item

HABICO: <https://www.minerva.com/mp/1192018/450gm-toy-filling-stuffing-white>

HOBBYCRAFT: www.hobbycraft.co.uk – we have confirmed with them that the stuffing they sell complies

PHOENIX: <https://www.thewoolfactory.co.uk/phoenix-filling---toy-stuffing-250g-bag-796-p.asp>

DUNELM WOOL COUTURE: <https://www.dunelm.com/product/wool-couture-premium-toy-stuffing-1000190331>

HABICRAFT: <https://www.ebay.co.uk/itm/304919365160>

But please bear in mind that all these can be purchased from various different manufacturers, so you might want to shop around a bit. Please always look for the picture of the bag, with the BS numbers on it. All of the above have the correct markings. The stuffing you use should have the following on the bag

BS5852 (fire safety)

BS1425 (cleanliness), and/or EN71 or BS 5665

SUMMARY OF ITEMS

- 1 **Worry monsters** – “Zippy” (has a zipped mouth) with detachable pants for the NSPCC “Pants Programme”, or “Toothy”, or “Curly”, (a crochet monster), or “Hattie” coming soon
- 2 **Animal Worry Eaters or Robot worry eaters** – large stuffed items with a mouth pocket for worry papers
- 3 **Sewn Mojo monsters** – have multiple flaps with different facial expressions: happy, sad, worried, shocked/scared, angry
- 4 **“Body Image” worry monsters**, identical in height and colours, but one is fatter, one thinner, for work with children experiencing body image worries
- 5 **Disability monsters** represent disability in general, usually with one limb missing
- 6 **Abuse monsters** – have bruised eye and bruises
- 8 **Hand puppet families with happy/sad sides** – Mum, Dad, Gran, Grandad, boy, girl. With faces in cream or pale pink yarn, or any shade of brown, but not black . These are made to fit an adult hand, including the boy and girl.
- 9 **Hand puppet families as above, but specifically Muslim or Asian**
- 10 **Bully hand puppet and Internet groomer hand puppet**, these puppets have different facial expressions on the front and back
- 11 **Pairs of identical hand puppets** for Play Therapy work – these could be “people” or animals
- 12 **“Professionals” sets of hand puppets**: doctor, nurse, police, social worker, teacher, judge in robes, professional in a suit.
- 13 **“Emotiknit Colour Puppets”**: a set of 8 or 9 hand puppets in different colours representing different emotions
- 14 **Animal or children’s character hand puppets**
- 15 **Transgender hand puppets** (one side male, one side female)
- 16 **Finger puppets**
- 17 **Pregnant monster and pregnant hand puppet**
- 18 **“Shouty and Pouty” hand puppets** for work with anger



Judging by the huge response when we offer our service to therapists, there is a massive need out there. As far as we know, we are the only charity in the UK offering these kinds of items. Many of our specific items aren't available in the shops, and anyway therapists are normally not able to afford to buy resources. For all these reasons we get absolutely swamped by orders every time we open the waiting list.

So your help is very much needed. Please continue your wonderful work and let's try to complete the current new waiting list by Christmas.

Have a very happy Summer



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