



WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER



DECEMBER 2025



**HUGE THANKS TO ALL OF YOU WHO HAVE HELPED US
TO COMPLETE THE SEPTEMBER WAITING LIST OF
200 REQUESTS!**

OUR WAITING LIST WILL OPEN IN THE NEW YEAR

So please keep knitting/crocheting/sewing over the Christmas holidays so that we can hit the ground running for our new list

YOU ARE ALL STARS!!





What's in this Newsletter?

- 1-2** **Intro**
- 3-4** **Latest KfN news and info for makers**
- 5** **The note inside your parcel**
- 6-7** **Things we'd like more of please**
- 8** **New patterns**
- 9** **Amazing hair!**
- 10** **Case study: a Play Therapist outlines how our items help**
- 11-13** **Winners of our Autumn raffle – Gallery of the winning items**
- 14** **What you say about KfN**
- 15** **Sad facts about child poverty**
- 16-25** **Recent recipient feedback**
- 26-27** **GALLERY – Sewn monsters**
- 28** **Safety checks which we ask that you do yourself**
- 29** **Approved stuffings list.**
- 30** **Summary of all items KfN makes**
- 31** **End page and contact details**



LATEST NEWS

STATS:

Date when the next new waiting list will open:

Jan 5th

Number of “Followers” on our main Facebook page:

7,500

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

3,192

Notes and requests from Clare:

I will be opening a new waiting list in time for the new school term on Monday 5th January. Until then please keep knitting/crocheting/sewing items for us because we want to be able to hit the ground running when the new list opens. If we can build up a stock before the list opens it means that therapists don't have nearly so long to wait after they put in a request.

I am taking a short break over Christmas and so I would ask that you try to post items by:

Last posting date before Christmas.....15th December

After which, please wait to post your items until:

First posting date after New Year.....2nd January

- For each new waiting list I decided that we would only take **a maximum of 200 orders** at a time, and this has worked well, putting us (and me!) under far less pressure than last time when we allowed nearly 2,000 before closing the list. It will mean that we open our list much more often. We completed in three months the 200 orders which we received back in September, and that is a great rate of progress. Huge thanks to you! You are the ones who make all this possible, and I'm constantly amazed and delighted at your generosity in donating your materials, your time, your skills and the postage, and all in order to help children.
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- I think it's fair to say that we all feel how deeply sad it is to find that so many children need help, but how satisfying it is to know that we can do our bit. The therapists are always over the moon, and we have lots of **new feedback starting on page 16** which underlines that. So please keep the items coming.
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- **SAFETY EYES:** we absolutely love safety eyes, so please continue to use them if you wish, however just recently there have been a spate of cases where **the eyes hadn't fully locked onto their backings** and were easily able to be pulled out during safety tests. It's incredibly hard sometimes to get them to fully engage, you have to have superhuman strength! But it's really worth it for the fantastic result that they give. Thanks goes to Carole W who has recommended buying a “Safety Eye Insertion Tool”. There are various ones available online. Who knew??!

- **PANTS!** At the moment I don't need extra pants thanks, we have a good stock, but it is great if you can knit your own for your own item (totally optional though!). And please could you **either make them a plain colour**, or if you want to use up oddments and make the pants stripy that's fine, **but if you wish you could you make the lower half of your monster (below the waist) plain coloured** – a flesh tone would be ideal if poss. This differentiates the pants from the monster body, which is helpful. Knitters new to KfN may not know that the pants are used by therapists to illustrate the NSPCC "Pants Programme" – see their website.



- **FOR THE TIME BEING – WE NOW HAVE ENOUGH BODY IMAGE PAIRS** (unless I've contacted you individually). The ones you've sent in will all be donated but as not every therapist needs these, they don't go into every box, and it would be best if you transfer your skills to other items please. I'll let you know when we need more again, thanks.

USUAL REMINDERS – useful for those who are new to KfN

- Please remember that 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. Code is valid for the whole of 2025, and the code for 2026 will be the same as before but just put 2026 instead of 2025 at the end of it.
- 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> and you can download a list
- **Please tie your puppet sets together** – the tie will be removed before donation, so any tie is fine. It helps me a lot and makes it quicker at this end , thanks

THE IDEAL NOTE INSIDE YOUR PARCEL

• **NEW! THE COUNTY YOU LIVE IN**

Could I ask that all makers include their county on their note please? Even if you are a regular contributor, I often can't remember your county, which means that before labelling your items I have to look it up – this all takes time and it will make things much quicker and simpler if you could include it on your note, thank you. Just to tell those makers who are new to KfN, I always label your item with your first name (never surname for confidentiality) and county. Many therapists have said how much they liked to see that personal touch.

- **PLEASE ALWAYS INCLUDE YOUR SURNAME:** I need to find you on the database for stock records etc. and my computer won't find you if you only put your first name! I have a memory like a sieve for surnames, and with over 5,000 contacts on my system there may be many others with the same first name. (By the way, that doesn't mean we have 5,000 knitters, far from it, it's mostly therapists who have been supplied or are waiting.)
- **EMAIL ADDRESS** also helps me find you on the system
- **STUFFING TYPE USED: I ONLY NEED THE TRADE NAME** eg. Habico, Trimits, Hollowfill, Hobbycraft etc. Please remember to put this on your note. Otherwise, in order not to invalidate my insurance, I need to ask you each time, (even if you've told me previously that you have a large stock of stuffing and will let me know if/when that type changes).



**So to summarize, PLEASE INCLUDE
IN YOUR NOTE:**

FULL NAME INCLUDING SURNAME

EMAIL ADDRESS

STUFFING TYPE

COUNTY YOU LIVE IN



WE'D LIKE MORE OF THE FOLLOWING PLEASE!

MORE BULLIES AND GROOMERS PLEASE! We never have enough. They are easy to knit and the faces aren't difficult to embroider. If you could add a couple in with your other items that would really help, or maybe consider doing a batch of them?



MORE EMOTICOLOUR PUPPET SETS PLEASE! Some knitters have told me that they take ages to make and there is a lot of sewing up, but these are so important to the therapists and I am always having to ration them. They do take time, but the end result is so amazing that you'll be so pleased with what you've done! We do need them to be in complete sets though, not singles thanks. Would you like to collaborate with another knitter? (Sadly Val will not be able to help for the next three months as she'll be visiting her family in Australia). If you do fancy making just half a set please let me know and I'll try to pair you with someone else, making it much easier to complete one set.



COULD ANYONE VOLUNTEER TO MAKE US A BATCH OF PREGNANT PUPPETS PLEASE? As many as you like so that I can add one into boxes going to Psychologists and Play Therapists. I have had feedback from them that the pregnant puppets are extremely useful. There is a pattern for them on the website “Patterns for Hand Puppets” page – to find it just scroll down below the Muslim set. The bump on these can be on one side or both, it’s your choice – both are useful.



Pregnant monsters – we have a pattern for these or simply add more stuffing to the tummy



Professionals sets – unfortunately many children will come across these characters in the course of their therapy, and at the moment we are having to ration them because we never receive enough sets to go around. We need the full set, not individuals please.



NEW PATTERN: “AGGRESSOR AND VICTIM”

We were asked by a therapist working with cases of abuse if we could make an “Aggressor and victim” pair of puppets. So Val has adapted the Shouty/Pouty pair with a very similar pattern. **IT’S COMING SOON!** Keep your eye on the website and when it’s been test knitted it will appear on the “Hand Puppet Animals” Page.



AND SEWERS! PATTERN FOR SEWN PROFESSIONALS HAND PUPPETS!

There is now a pattern on the website for all the sewn professionals, kindly donated by Chris in Hampshire



We think that Penny in North Yorkshire should win our “imaginary” prize for the most amazing hair on a monster EVER! Each piece of yarn is individually inserted -must have taken hours. Thank you Penny for such a fantastic result!



And please feel free to use your creativity to vary the hair/head additions like Rachel and Mel have done (below). Whilst sticking to our patterns (as they've been very carefully thought out taking into account the needs of the therapists) it's fine to add your own touches if it adds play value.



CASE STUDY

How the items you make help in therapy, by a Play Therapist

Jamie was 5 when he arrived at the domestic abuse refuge. He and his family had fled domestic abuse from his father. Jamie had left behind everything that was familiar to him, everything that he loved including his friends, his bedroom and his favourite toys.

Jamie had witnessed severe domestic abuse from his father to his mum. He had seen his father push his mum over, he had heard him calling her horrible names and he had comforted his mother all too often when she was in tears.

In Jamie's eyes you communicate with your family by hurting them, by making them cry and as the male of the family you are in charge.

Jamie didn't know any different. Jamie didn't know right from wrong, in his world this behaviour was 'normal'.

Jamie was displaying challenging behaviour on arrival including shouting and swearing at his mum and siblings. He was also self-harming by scratching himself when frustrated and banging his head off the walls/doors.

As a Play Therapist I soon realised that Jamie wasn't always able to tell me what it was that was making him feel so cross, he didn't understand why now people were telling him that it was not ok to shout at his mum and that he should be listening to what his mum asks him to do.

Jamie started an intensive course of play therapy in which he used the therapeutic mediums available to him to 'play out' the difficult scenarios that he had witnessed between his mum and dad. Play is a child's natural form of communication so for Jamie it didn't matter that he couldn't make sense of it or put into words what he was trying to express, he didn't have to. He was accepted for who he was and what he was displaying without judgement. Jamie now had a safe place to explore and start to try and understand what had happened to him in his short life.

Jamie used large puppet heads and would fight with them in the playroom, he also regularly used figurines to act out the behaviour that he had seen his father displaying to his mum. The father would always play the 'baddy' in his play. The 'baddy' would be hurting the other character or shouting and swearing at them. The 'baddy' would be telling the female character what to do and making threats of what would happen if she didn't do this.

Jamie began to process and make sense of the difficulties experienced and his behaviour began to change. He became calmer and was now able to voice his frustrations telling his mum what was making him feel so cross instead of hurting himself.

After 10 play therapy sessions Jamie no longer needed to be in therapy and his family relationships with his mum and siblings had improved.

RESULTS OF OUR AUTUMN RAFFLE COMPETITION

Back in September we announced the launch of our autumn competition. This wasn't judged, but every item you sent in since then has been entered! The winning entries were picked totally at random on 28th November by Specialist Teaching Assistant Megan.

The more items you sent in, the more chances you had of winning. The winners of the ten numbers picked out were all awarded a £20.00 gift voucher to spend online, over the phone or in person from Black Sheep Wools shop: www.blacksheepwools.com And once again we must thank owner Sara for very kindly donating two of the vouchers.



Here are the ten winning items:



Pam, East Yorkshire



Jan, Cornwall



Carole, Lancashire



Angela, North Yorkshire



Vicky, West Sussex



Angela, Bedfordshire



Doff, Dorset



Marion, South Wales



Jenny, Dorset



Rachel, Tyneside

WHAT YOU SAY ABOUT KFN

- It's great to have so many different patterns to choose from. The smaller items are more portable, so can be done on holiday or while at the cricket, and the larger items can be done at home. So you need never be without some knitting!
- It is a pleasure to make and then send these toys to Knit-for-Nowt. They are made with love and I feel so honoured to be a part of your knitting team. When I read the letter you shared it brings home to me just how valuable your charity is. I am so happy to be a part; this has to be one of the best things I have ever done. I am sure your other contributors feel just the same.
- That request you kindly enclosed really brings home that by sitting, knitting, crochet and sewing we can do our bit to help. What more incentive do we need to keep our needles clacking (and stash enhancing 😊).
- I finished sewing up this guy just before I went to bed last night, and he looked so miserable I actually made him comfortable on my chair rather than putting him with a load of strangers (the rest of the set) in the dark, on the couch in the other room. Don't think he liked either option.



- With Christmas approaching it does make you reflect that some of the children Knit-for-Nowt support may not be having such a happy time, so I hope that Caramel the cat can bring comfort and joy to someone. I think he would like some hugs too!

SOME SAD FACTS re. CHILD POVERTY

Research carried out by the charity Action for Children gives us a bleak picture of why many children have such severe worries and behavioural problems and need our items to help heal them:

- 4.2 million children live in families that can't save at least £10 a month
- 2.7 million have parents who can't replace broken essential electrical goods such as a fridge or washing machine
- 1.2 million have parents who can't keep up with bills
- 800,000 whose parents can't afford to keep the house warm
- 300,000 children in families that can't afford to eat fresh fruit or vegetables each day
- 200,000 children are in families that can't afford to go to a playgroup once a week, or to celebrate on special occasions
- a third of children aged 8 to eighteen fear that a friend or classmate won't get any presents or celebrate Christmas this year because their family can't afford it.
- one in five UK children - 2.6 million - are materially deprived, meaning their families can't afford the basic items and activities that the Government considers essential to a happy and healthy childhood. Of these, more than half - 1.5 million - are under 10 years old.



LATEST NEW FEEDBACK FROM THERAPISTS

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 😊😊😊

Sharon – Learning Mentor, West Yorkshire

Yesterday, my wonderful monsters and puppets arrived. I can't tell you how thrilled I am with them. Your team are just AMAZING!!! The monsters and puppets will begin work from Monday. I am eternally grateful for these and the difference it will make to our children's lives.



Vicky – Play Therapist, East Yorkshire and Lincolnshire

I do play therapy with a child in their own home and he loves bears. This was how he reacted to the bear today:

PHOTO



It supported him in sharing that he is scared of pigeons, which he has never actually verbalised so clearly as he did today. Thank you Ruth O from Dundee, you've made someone very happy and also enhanced and supported the work I do with this long term client. I'm so grateful, it's had a huge impact in supporting him to externalise this feeling around pigeons. Big THANK YOU to Ruth O.

Charlene – Project worker, Domestic Abuse team, Edinburgh

I received my wonderful box of worry monsters today and I cannot tell you how overwhelmed and overjoyed I am about the contents of that box... to say I am blown away would be an understatement! My team and I will use these wonderful resources to aid our therapeutic work with children who have experienced trauma, bereavement, abuse, and domestic abuse. I can assure you they will be very well used! I will gather some photos/captions/stories in due course, but in the meantime please accept a heartfelt thank you from myself and all the team at Children First in the Scottish Borders!

Claire (ELSA) and head teacher, Infant and Nursery School, London

To all the wonderful Knitters! I would like to say a HUGE thank you for the amazing knitted Worry creatures and emotion regulation toys that your very talented knitters and seamstresses have made for our school. The children were so excited to receive them in a special assembly today and I know they will put them to good use in their classrooms. As you know well-being and nurture is high on the agenda for schools as clearly children do not learn if they are worrying or anxious about things.

I know your gifts are really going to help with this. A very big thank you for your kind gifts. You have very talented ladies/people who give so generously of their time and talent!

Emma – ELSA/Teaching Assistant, Primary School, Preston, Lancs

I have received the wonderful items!!! I cannot believe how many items I received – thank you so much! They are all wonderful and are greatly appreciated! In addition to having our own worry monster, my colleagues in Early Years Foundation Stage and Key Stage 1 were over the moon as they were each given a worry monster. EYFS were also given the professionals puppets. They Year 1 teacher received Curly, and I work in Year 2 where the children have already been using their worry elephant. Please pass on my thanks to the amazing volunteers. They are so talented! We work in a school that doesn't get much money, so it honestly felt like Christmas on Monday!!

Alice – ELSA, Primary School, Cheshire

I am absolutely blown away by the quality and quantity of gorgeous therapeutic puppets and worry monsters we have received. It is clear the time, skill, and care that has gone into every single item and I feel very privileged to be able to add them to my therapeutic toolkit. I have already used the beautiful puppets with some of our children who have been very excited by them, and I know will benefit immensely as I use them in my practice. I know that all of the items you sent will be well loved and appreciated for a long time to come and I can't wait to share success stories with you soon. Please pass on my thanks to your wonderful team of crafters - they are truly remarkable!



Rachel – ELSA, Infant School, West Yorkshire

I received my parcel of hand puppets today.....I'm absolutely blown away with the things you have sent, they are all amazing and the children in school will love them. These items will be well used in my interventions and work as our school ELSA. Thank you so much for your generosity, your knitters are extremely talented!!! Thanks again from myself and all the children in our school xx

Stephanie – Treatment and Intervention Practitioner, Children’s Services Therapeutic team, Surrey

I want to thank you again for the amazing items, I was absolutely blown away by what was sent. The worry monsters, hand puppets and finger puppets are beautiful and so wonderfully made. The variety of the puppets is incredible - there is something for every child or situation that we may encounter. The children that we support will benefit so much from them, I don’t think they will be able to resist them! The team and I can’t wait to see the children interact with the puppets and monsters, and really appreciate the kind work of your team of knitters. If I could thank them all individually, I would!



Aldona – Nursery Nurse, East Sussex

I just wanted to send a heartfelt thank you – the worry monsters have arrived, and they are absolutely beautiful. I’m genuinely touched by the care and creativity that went into making them. They’re even more wonderful than I imagined. I cannot thank you enough for your kindness and generosity. These little creatures will bring so much comfort and joy, and I’m truly grateful. With warmest thanks

Jen – ELSA, Merseyside

I have just received my puppets and worry monster and I am overwhelmed with how amazing they are. I felt quite emotional when I opened the box. Please thank all your volunteers for their time and love that has gone into making each and everyone. I can't wait to introduce them to the children.

Deborah – Psychologist, sexual trauma, Lancashire

My box arrived today – it’s absolutely amazing. I wasn’t expecting such amazing work ‘wo’manship!! They are all truly incredible

Cath - Assistant Head, Primary School, West Yorks

I wanted to send thanks for the beautiful handmade Worry Dolls. They will be a huge support to our school when working with children of need. I have taken a photo of our Happiness Heroes (children who help other children with friendships), with them for you to share with the makers. These children all thought the dolls were amazing!



Simone – Play Therapist, Lancashire

Thank you for the beautiful worry monsters received today – we have lots of children at school who will really benefit from them, and they are a great addition to my Play Therapy room.



Angela - Senior Practitioner/ Clinical Supervisor, Counselling Service, Wiltshire

Here is a photo of us with some the worry monsters and hand puppets you sent us. Everyone was so impressed with the care and love that has been put into making them. We have 4 therapy rooms at Be U Swindon, so they have been distributed evenly amongst them. I'm sure they will be used well by the young people we work with.



Emma – ELSA, Cardiff

We are so grateful for the worry monsters and puppets. The elephant is already helping a yr 4 pupil come in to school. Thank you so much. I have attached a photo of them in our Zen Den.



Georgie - Mental Health support Team (Lincolnshire), Education Mental Health Practitioner

I just wanted to let you know that my gorgeous worry monsters and puppets arrived today! I am absolutely blown away by the hard work and craftsmanship that has gone into these incredible little guys! Please do let your knitters know how incredibly grateful our service is for these! They will be invaluable in our work with children and young people. Thank you so much again for the incredible work you do for services like ours!

Katie – Play Therapist, Somerset

The parcel arrived safely this morning and I am so grateful for your generosity in sending such an amazing bundle of resources. They are clearly made with great care and attention to detail by your brilliant team of makers. I know they are going to be so useful in supporting the children I work with. I can't wait to take them into the playroom and see how the children respond. I love that you include the makers name and location and please do pass on my appreciation for the time they have spent in creating such valuable resources that are so beautifully made. I will definitely be recommending you to colleagues as your charity is making such a difference for children receiving therapeutic support - thank you.

Donna – ELSA, Primary School, Lincs

We're so proud to introduce our amazing Wellbeing Champions — a caring team of pupils who are always there to lend a listening ear and help make our school a happy, supportive place for everyone 🧡 You'll often find them out on the playground at playtimes, ready to support anyone who might have a worry, needs a friend, or just wants someone to play with. A huge thank you to the wonderful Knit-for-Nowt team for gifting us these incredible wellbeing teddies and puppets! 🧸🧶 They'll be put to great use by our Champions and Pastoral Care Staff throughout the year as we continue to promote kindness, empathy, and wellbeing across our school community.



Jill – Family Hub, Barrow in Furness, Cumbria

A big thank you from all of us at Family Hub Barrow to Knit-for-Nowt for kindly choosing us to receive a fantastic pack of knitted resources! These wonderful items will make such a difference in our work with children and families.



Suzy – ELSA, Somerset

Wow!!! They have arrived and I'm absolutely over the moon with them! Thank you so very much, I can't wait to start using them with the children

Lorna – Play Therapist, Carlisle - request

Safety Net is a charity based in Carlisle that supports the recovery of those affected by rape, exploitation, sexual and domestic abuse across Cumbria. We have a team of Children and Young People Therapists (Play Therapists, Art Therapist, Counsellors) and Trauma-Informed Practitioners who use play (including puppets) in their work with clients. We have 3 playrooms and would benefit from having donations of puppets that you have available. We are short of puppets that represent diversity. Any donations would be gratefully received.

Jane – Special School Play Therapist, Cheshire

I would like to express my deep gratitude to all the members of your organisation who participated in knitting and creating the beautiful puppets and worry monsters. I am overwhelmed with gratitude for your generosity. The detail and perfectly pitched puppets are a huge success with the children I work with. A knitted item is much more accessible for children and seems to bring them comfort when things are challenging in their day-to-day life. I am so moved by the much-loved items. The following names were on the puppets. I hope you could forward my gratitude to these people: Ruth O. in Dundee, Vanessa J. in London, Anita J. in E. Yorks, Liz Y. in Surrey, Val H. in E. Yorks, Julie C. in Cornwall, Lesley P. in Hampshire. Thank you again for your kindness.



Helen – ELSA, Primary School, North Wales

Ooooh Clare.....I've received and opened my box!! I'm speechless. So very grateful for them all! Can't wait to go to work tomorrow and introduce them all to the children! Thank you, thank you, thank you xx

Paula - ELSA, Hampshire

Thank you so much for our wonderful therapeutic worry monsters and puppets. These items are so valuable for the work we do in an educational setting. Please pass on our thanks to all your wonderful knitters and seamstresses. Keep doing what you are all doing so well. With truly enormous, heartfelt thanks.

Brenda – SENDco, Primary School, Belfast

I just received the worry monsters, and saying I'm thrilled would be an understatement! They are absolutely beautiful and so well-crafted. I feel like a child on Christmas morning! I'll definitely share pictures and feedback once we start using them. If it's okay with you, I'd love to post a picture on our Facebook account and tag you.

Shuna - Play Therapist, Glasgow

When my box arrived I was literally like a child at Christmas, it was one of the most exciting experiences, I hadn't expected so many amazing puppets and worry monsters made from your creative creators. I wish I had videoed myself opening the box so I could have shared it. I was whooping with delight. The puppets and worry monsters are truly amazing and so well crafted. My heart was filled with the love and generosity for the makers. I took a photo of myself with them and happy for you to share. Please give my heartfelt thanks to the talented makers, these are perfect for my work as a play therapist supporting children and young people.



Zoe - Clinical Psychologist and Service Lead for Sheffield Mental Health Support Team

Oh my goodness. I've just unpacked the worry monsters. They're wonderful! Thank you! We will be using them for emotional skills groups in schools across Sheffield. I will be encouraging other in the team to try and get on the wait list. Thank you again and your wonderful knitters. What a great scheme.



GALLERY – SEWN MONSTERS





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, (@ December 2025), 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 NEEDED

- 1 **Worry monsters** – Choose from “Zippy” (has a zipped mouth) or “Toothy the Worry Eater”. Sewn ones welcome too. Note the recommended dimensions in the patterns and please stuff these firmly with approved stuffing. Please make a nice deep pocket
- 2 **Animal Worry Eaters or Robot worry eaters** – please ensure that you make a really good, deep pocket and please stuff these firmly with approved stuffing
- 3 **Sewn Mojo monsters** – the knitted version didn’t prove so popular, but the sewn version is just about the most popular item requested. Please stuff these firmly
- 4 **“Body Image” worry monsters**, both in knitted and sewn versions, identical in height and colours, but one is fatter, one thinner. NB. December 2025 - just for the moment we don’t need these thanks (unless you’ve been contacted individually)
- 5 **Disability monsters** – if only one leg or arm, please make a stump, it looks more realistic. No disability animals thanks
- 6 **Abuse monsters** - simply add a crescent shape around one eye, (black eye), and some purple, red or black marks on the limbs by sewing on pieces of felt, knitting or embroidering them. No abuse animals thanks
- 7 **Pants for monsters** – if you send a set of them we can fit them on the monsters here, or you could make your own for your monster. NB. December 2025 – no extra ones needed thanks
- 8 **Hand puppet families with happy/sad sides** – Mum, Dad, Gran, Grandad, boy, girl, with siblings if you like. With faces in cream or pale pink yarn, or any shade of brown, but not black. Please make them all 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**
- 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 Set”**: our very own pattern - different colours represent different emotions. Not single ones thanks, we need the whole set
- 14 **Animal or children’s character hand puppets** – feel free to use patterns available online. As it’s for charity we’ve never had a problem with that, but we’re unable to put them up on the website due to copyright
- 15 **Transgender hand puppets** (one side male, one side female)
- 16 **Finger puppets** – use any pattern you like, they can be people or animals
- 17 **Pregnant monster and pregnant hand puppet**



HUGE THANKS AGAIN FOR ALL YOUR AMAZING WORK. Knit-for-Nowt wishes you a very Happy Christmas and we look forward to receiving your fantastic creations in the New Year!



We are taking a short break over Christmas and so would ask that you try to post items by:

Last posting date before Christmas.....15th December

After which, please wait to post your items until:

First posting date after New Year.....2nd January



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