



**WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER**



**MARCH 2026**



**SPRING HAS SPRUNG!**

**AND WE ARE INTO OUR NEW WAITING LIST**

**Quote from therapist Emma in Cheshire:**

"I was in a session with a child last week, I left the room to get a piece of paper and I overheard the child making a disclosure to the puppet, practising for the real conversation to be had later that day. It was a powerful moment that will stay with me forever."

**This is why we need you to knit, crochet or sew for us**

**So please keep your items coming!**



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## LATEST NEWS

### STATS:

Number of therapists still waiting on our new list:

106

Number of "Followers" on our main Facebook page:

7,700

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

Over 3,251

### NOTES AND REQUESTS FROM CLARE:

- **Firstly, I must thank all** of you who have sent in your fabulous items over the past 3 months. I am amazed as always at your skill, energy, kindness and the generosity you display. This thanks comes on behalf of all the therapists who want you to know how much it means to them. You'll find our recent feedback from them on pages 15-23.
- **How did you first hear about Knit-for-Nowt?** Could you please add that onto your note (if you wish)? It's totally optional, but it would help me to know how much it's been by word of mouth, search engines or whatever!
- Thanks to all of you who have added your **county onto the note inside your parcel**. It helps to make the process of packaging and labelling the items much quicker because it means I don't have to look it up on the computer. The fact that we label all items with the first name (only) and county of the maker is frequently mentioned by the therapists as being such a lovely personal touch. Although you are completely anonymous, the recipients can put a first name and area to your contribution and it means a lot to them.
- So for those who didn't see this in the last Newsletter, please include on your note;

- Your full name (with surname)
- Your email address
- Your county
- The Trade Name of the stuffing you used (if you did!)
- **Optional extra – how you first heard about KfN**

- Once again could I please request that if you are sticking your own label onto your parcel, you **attach it really firmly** as there have been a few instances lately where the label became detached from the parcel which means that the charity is fined, and normally it's a cost of

£7. I run this on a shoestring so any costs we can save are valuable! I do know however that it's not always you who attached the label – it could be the postal staff!

- **Please wrap your items in plastic inside your parcel or box**, especially if you are using only brown paper on the outside, as our postie tells us this can get torn in their sorting machinery. Otherwise there's a risk that your items might get rain damaged or even come out of their package and then get lost.
- **How well do you know KfN?** Test your knowledge with our fun Easter Quiz on page 5.
- Thought you might be amused by the different ways that couriers interpret the name Knit for Nowt when they print a label for you: **"Knit for Nought, Knit for Now, Knit for Knowt, Knit for no, Knit for Know"** – we've had all these!!
- **NEW PANTS PATTERN!** We are finding that the fact that our monsters are now larger than they initially were (which is great – we like nice big monsters!) means that the original pants pattern makes them come out a bit on the tight side, and we have had complaints from our Zippy monsters who tell us that they are uncomfortable to wear! Please now convert to the new pattern, which you can find on pages 12-13 (and on the website). But if making pants for your own monster please adjust the pattern to fit.
- Also, could you make the pants in **plain colours please**, any colours you like, but without the stripes because I find that easier to match to the monsters, thanks. Could you possibly knit us a batch from the new pattern please? As many as you like!

#### USUAL REMINDERS – useful for those who are new to KfN

- Please remember that Sara, owner of Black Sheep Wools yarn shop [www.blacksheepwools.com](http://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](mailto:knitfornowtnewmakers@gmail.com)
- If you'd like to join our hidden, **private Facebook group** – please contact Val on [knitfornowtnewmakers@gmail.com](mailto: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.



## **FUN EASTER QUIZ!** Test your knowledge of KfN.

Answers are at the end of the Newsletter. Please search throughout this Newsletter, previous Newsletters (they are all on the website), or the website for any info that you don't know!

1. What are the names of the main three different types of worry monster which we make (excluding Body Image, pregnant, disability, abuse)?
2. Does KfN operate only in the UK, or also abroad?
3. Give three types of stuffings which appear on the recommended list
4. What are the four main pieces of information that we need on the note inside your parcel? (Clue: that info is in this Newsletter!)
5. What are the names of our three dinosaur worry eaters?
6. Why do we recommend using double DK in our large stuffed items?
7. What type of thread is recommended for sewing the mouths on our puppets?
8. Are our items sanctioned for use by parents?
9. What does the word "nowt" mean?
10. How many "Followers" on Facebook do we have? (Again, that info is in this Newsletter)
11. How many organisations have we supplied in total so far?
12. What is the difference in training, in terms of weeks or years, between an ELSA and a Play Therapist?
13. How many editions of the Newsletter per year does KfN produce
14. What is the invisible stitch that we recommend for sewing up the long back seams on monsters called?
15. What is often the problem associated with safety eyes?
16. In which county is KfN based?
17. Name the members of the professionals hand puppets set
18. What are the names of the two "baddies" hand puppets?
19. This is a tricky one! Name all the members of the Emotiknit colour puppets set (there should be 9)
20. Last year (2025) was an anniversary of when Knit-for-Nowt started – how many years was it?

How did you get on? Answers are at the end of the Newsletter



## What should I make next?

### Clare describes the difficulties of balancing the stocks

The questions I'm most often asked are "What is most needed at the moment?" or "What should I make next?" One of the joys of running this charity is the fact that I never know from day to day what will arrive in the post! It's always exciting to open your parcels and find the fabulous work you've done, and it's really quite emotional when I think of all the time, effort and skill which has gone into making the items, not to mention all the cost of postage and materials.

If I receive quite a large amount of one type of item, but not enough of another, it can sometimes lead to difficulty in supplying a good selection to the therapists. It's always my aim to supply a variety of items for different usages. If I make a request to you to make what we're short of, you are always so very kind and generous, and immediately start making those - however as there's an inevitable time lapse, by the time the items start coming in the balance of stock will have changed.

So the answer to your question is normally "Please make what you most enjoy" because that way you are more likely to keep making items for us! And some folk much prefer to make certain specific items, which is absolutely fine because it's good to play to your strengths. They become experts in that one type and can almost make it in their sleep, with the pattern etched into their memory!

All in all, I find that I can normally manage to give each therapist a selection, even if I need to wait for certain items to come in. But if you are a knitter/crocheter and can add in some of the smaller items eg. bully/groomer, Shouty/Pouty, pregnant, transgender, finger puppets or identical hand puppet pairs then that will help a lot. And you might find it useful for using up odd balls of yarn.

I hope that you'll always enjoy making our items, so Happy Crafting to you all!



## A NEW MONSTER DESIGN – “HATTIE”!



**WE NEED KNITTERS TO TEST THIS NEW PATTERN PLEASE – IF YOU’D LIKE TO VOLUNTEER, PLEASE CONTACT CLARE, THANK YOU**

Penny in North Yorkshire has made her own version of a worry monster for us – Penny’s monsters are always really popular with the therapists, so the pattern for this one will be coming soon!

Just a reminder that we only add patterns now which have either been specifically requested by therapists or are new designs which are mega popular with them. Please don’t start writing any pattern without first running your idea by Clare or Val as we’d hate for any of your hard work to end up being not needed by the therapists – we are always guided by them.

## **An ELSA in a school is an Emotional Literacy Support Assistant**

ELSAs are specialists with a wealth of experience of working with children and young people. ELSAs are trained and regularly supervised by Educational Psychologists. The course tends to be 6 full days, delivered over several weeks with practice in between, and covers many areas from emotional literacy to active listening. (Play Therapists have longer training lasting several years). ELSAs are to be found in most schools, especially Primary Schools across the UK, and are very valuable members of staff, as they are often the first to spot problems in children. Knit-for-Nowt has already supplied hundreds of ELSAs with our items.

ELSAs must be supervised regularly by the Educational Psychologists who trained them. This supervision is key to good practice and allows the ELSA to bring up any problems with a group of other ELSAs along with the Educational Psychologist.

ELSAs are warm, kind and caring people who want to make children and young people feel happy in school and to reach their potential socially, emotionally and academically. They understand the barriers to learning that some children and young people might have and can help them with this. They can support the children and young person's emotional development and help them cope with life's challenges. ELSAs will also help children and young people to find solutions to problems they might have.

An ELSA can help with the following problems:

- Loss and bereavement
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation

A Session with an ELSA would involve initially a warm up or icebreaker game or activity. This part is important because it helps the child to feel relaxed and it's fun!

The main activity would follow where the ELSA would be teaching something to help the pupil with their target. The ELSA would also review what was learnt last time to see if the child or young person has remembered and if they used the skill taught. Role play with puppets is used at this point.

There would be a relaxation exercise to help the child or young person be ready for class.

Sometimes things happen in life such as a death, divorce, illness, hospital stay, and so on. An ELSA can help the child or young person reactively which means they can support them immediately when things like this happen. Through a strong relationship with the ELSA, the child or young person can feel safe and cared for and know that someone is there for them.

Many ELSAs have told us how incredibly useful our items are, both in helping children to open up about their problems, and in working through those problems.

## SPOTLIGHT ON HAND PUPPETS

Lynne's set of Muslim puppets is fantastic and was sent to a therapist who visits various schools in Lancashire where there is a high ethnic mix.



Here are Maureen's professionals. Although Maureen hasn't done so here, please feel free to mix in the ethnicities in the pros set, whereas the hand puppet families need all members of the set to be the same ethnicity please (not mixed within the set)





These are Judy's Asian puppets – there isn't a specific pattern for these as Judy has made them up herself, but you could use the basic pattern and then adapt it.



We'd like to encourage our crocheters to have a go at the family sets, so skilfully demonstrated here by Jenny. They are very much in demand!



And a reminder that the Emotiknit Colour puppet set is really, really popular and needed. We know they take time to make (and especially to sew up!) but it's SO worth it. These were made by Chris.



## KNITTING A PAIR OF PANTS FOR YOUR ZIPPY MONSTER

### NEW LARGER SIZE – Pattern edited February 2026

The NSPCC runs a “**Pants Programme**” teaching young children to understand about privacy and thereby helping to prevent child abuse. Please see the link:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

You could either knit a pair of pants for your own Zippy monster, or alternatively knit a few pairs of pants for us to use with Zippies that come in unclothed! (Toothies are not designed to have pants on, as their legs tend to be too close together for them to fit)



This is the size recommended for monsters made to the new, adapted basic worry monster pattern on the website, “Zippy”.

Depending on your tension these pants will come out approx 8” wide and 6” deep, but as they do stretch we find that this size will fit our larger monsters.

Use DK (or Aran) in a variety of colours of your choice. Plain ones are preferable as they are easier to match to the monsters. (Chunky isn’t as successful.)

## Pattern (Edited February 2026)

**In DK (or Aran) on 4mm needles Plain colours work best**

**If your monster is knitted in Aran, please make the pants in Aran too, as they'll fit better. As everyone's Zippies come out at slightly different sizes, if you are making pants for your own monster, please adjust this pattern to fit. The finished size will vary according to your tension and yarn type.**

Cast on 44 sts

Work 6 rows of K2, P2 ribbing

Ss 28 rows

Cast off 12 sts at beg of next 2 rows (20 sts)

Work 2 tog twice at beg of next 2 rows (16 sts)

Ss 4 rows

Cast on 2 sts at beg of next 2 rows (20 sts)

Cast on 12 sts at beg of next 2 rows (44 sts)

Ss 28 rows

Double rib 6 rows

Cast off

Sew up sides

**Please don't attach the pants to your monster, knitted pants will stay put quite well and the child needs to be able to dress and undress the monster.**



## WHAT YOU SAY ABOUT KFN



- **A pleasure and joy as always. It is clear from the speed at which the list fills how invaluable Knit-for-Nowt is. Wonderful to be a part of; sad that there are so many children in need**
- **It's nice to have some feedback from the therapists**
- **We're living in pretty awful times and there's a lot of uncertainty and worry for our young/vulnerable ones and so much access readily available on fb and TikTok with scary stuff. I look forward to reading the newsletter and seeing the photos, and I also love the feedback too**
- **Thank you for all the inspiration I get from your patterns. The octopus is still my favourite**
- **Fabulous to hear how quickly my knits got to you and wonderful to know that they will be zooming off to help children very soon.....it means the world to know how much the knits are appreciated**
- **Unfortunately abuse has no barriers to race, class or culture. As ever I will always support kfn...so important**

## RECENT RECIPIENT FEEDBACK

### **An ELSA, Cheshire**

#### **In her request, this therapist outlines the work she does with children:**

*In my role as an ELSA, I support children with their emotional wellbeing and mental health. I work with pupils who may be experiencing anxiety, low self-esteem, bereavement, friendship difficulties, anger, or challenges with emotional regulation. Through one-to-one or small group sessions, I help children develop skills to understand and manage their emotions, build resilience, improve communication, and feel safe expressing how they feel. My role is to provide a nurturing, supportive space where children can grow in confidence and emotional understanding. Using Puppets can also help build trust and rapport quickly, especially with children who are withdrawn, neurodivergent, or have experienced trauma. They make sessions feel less intimidating and more playful, while still allowing meaningful emotional work to take place. By using puppets alongside comfort items such as knitted toys from Knit for Nowt, I can further support children's emotional wellbeing by offering both emotional expression and physical comfort, helping them feel safe, supported, and understood.*

#### **When she heard that she is on the waiting list:**

*Thank you so much for your reply and for adding me to the waiting list — I really appreciate the time, care, and dedication that goes into all the work you do.*

#### **Therapists are asked if they have any urgent cases, and if so, they are put on our priority list. This is her extra request:**

*I am writing to ask if it may be possible to prioritise my request for the professional hand puppet set, if capacity allows. I am currently supporting a child who has significant and ongoing involvement with multiple professionals (including health and social care), and at present they are finding this extremely overwhelming. The child is struggling to trust professionals, is becoming increasingly withdrawn, and is finding it very difficult to communicate worries and emotions verbally.*

*This situation is having a noticeable impact on the child's emotional wellbeing, and there are concerns around heightened anxiety and emotional distress. I believe the professional puppets would be an invaluable and timely resource to help the child safely express fears, explore relationships with professionals, and feel a greater sense of control and understanding during a very challenging period.*

*Thank you again for everything you do — your resources make a real and meaningful difference to children who are dealing with difficult situations.*

### Mental Health Lead, Bereavement support, Surrey

I'm absolutely delighted that my lovely school's application to the Knit for Nowt charity has been successful. Please pass on my sincere thanks in advance to all your talented knitters. I truly hope they know just how much of a positive impact their work has on the lives of our children.

I wanted to share a little background about just some of the children I currently support. One child, aged 10, has recently lost his sibling to suicide. Another, a little girl aged 5, lost her mother six months ago during childbirth. I also work with several children who have witnessed domestic violence within the home. The emotional support these knitted items will bring in our sessions will be invaluable and incredibly meaningful, and I know they will be treasured and loved by all when used and enjoyed.

I've had a look through the Gallery of knits, and several of the children I support absolutely love dinosaurs. I spotted a triceratops 🦖 and a beautiful blue dinosaur (though I'm not sure of his proper name!), and I know these would go down a treat in our sessions and bring lots of happy smiles. That said, we will be delighted with whatever we are blessed to receive.

### Carla, ELSA, London

I just want to say thank you to your amazing organisation and to all the knitters who do such wonderful work. Your worry monsters have become a valued part of my ELSA sessions, helping children talk about very difficult things in a safe and comforting way. They truly love them.

The puppets are absolutely lovely, and I am so grateful for all the care and hard work that goes into them. Please pass on my sincere thanks to your team. You are an incredible charity.



**Carole, Bereavement Counsellor, children's hospice, Greater Manchester**

I just want to say....THANK YOU sooo much for the wonderful box of monsters!! They are truly amazing. Thanks again, you are all doing such a lovely and amazing thing to support young people



Carole with two of our items (the Zippy was knitted by Clare!)

**Lesley, Play Therapist, Edinburgh**

Oh my goodness! I have just had my box delivered. It was like Christmas Day!! Thank you so much for my amazing puppets!! ❤️ What a fantastic selection! What talented folk you have on your team. I am so excited about introducing my new friends into my playroom. Many thanks for my box and your work

**Response from a therapist when her turn came around on the waiting list to receive items:**

Oh my gosh, this is so amazing! Thank you so much. This really has made my day – thank you all so much for all your hard work, you are amazing people doing amazing work. These are going to be invaluable for the children.

**Alex, class teacher, Primary School, Derbyshire**

Dear Karen, Christine, Angela, Pat, Linda, Wendy and all those involved in Knit for Nowt,

We wanted to say a huge thank you so much for the wonderful worry monsters you created for our school. They are colourful, creative, and full of personality, and the children absolutely love them. Each monster has already started to make a real difference by giving pupils a safe and comforting place to share their worries. We are truly grateful for your support and for the joy these monsters bring to our classrooms. Worry monsters are used in our school to give children a safe place to share their feelings. Pupils can write down a worry and feed it to the monster when they don't feel ready to talk, and adults check these worries so they can gently support each child. Using monsters like 'Mojo' helps children name their emotions, feel calmer, and start helpful conversations during checkins or PSHE time. They also help build trust, as children know the monster is a private, comforting place to put their worries. They are being used across school and are so lovely to have in our classrooms and rainbow room. Thank you again for being part of something so special.



**ELSA, Somerset**

I work with a lot of vulnerable children who have complex issues which can vary from relationship breakdown, social anxiety, EBSA, bereavement etc. I have two children who have told me they don't want to live anymore. One can't see a good reason for herself to be alive and the other has had, and still has, a traumatic home life and says it will never change. Heartbreaking to hear! I have two at the moment who are self-harming which is a constant worry. I also have two severe EBSA (Emotionally Based School Avoidance) children who we really struggle to get through the door, often still in their pjs.

**And her message when she received our items:**

Wow! I am totally over the moon! I have sadly been out of school unwell up until this morning and was absolutely thrilled to come back today to find this wonderful box of amazing worry/therapy monsters and finger/hand puppets. Please send my utmost thanks to the amazing knitters/sewers. I have opened them this morning and they are already causing quite a stir of excitement and that's just from staff. I am absolutely certain that the children will find them very helpful tools in the work that we do together and I'm sure some will become very good friends with them too. I really can't thank you enough.



**Request from Tracy, Family Support and Safeguarding Lead, Merseyside**

In our school we support pupils with severe and complex needs. Most of our pupils have social worker involvement, lots spend extended periods of time in hospital and many more have lots of hospital appointments. A number of our pupils have experience of courts and have/are transitioning from their family home to residential placements. I really think the hand puppets would be of great

use 😊

**Suzanne, Therapeutic Practitioner, Northern Ireland**

They have just arrived and I can't tell you how wonderful I think they all are. Each one is just perfect and so well thought out. I actually can't believe the thought that has gone into each piece. Amazing. Thank you so much, they will bring so much to my practice, and of course most importantly of all, to my lovely young clients x

**Head Teacher on behalf of therapist Kimberly, ELSA, Primary School, Cheshire**

I just wanted to send a huge thank you for the wonderful parcel we received yesterday. Kimberley, our ELSA, is utterly thrilled and is looking forward to using the beautiful Worry Monsters with the children she works with.

Attached is a photo of her looking immensely pleased with her delivery



### **Hayley, THRIVE practitioner and Children's Counsellor, Wiltshire**

I'm sorry it's taken a while to send my thanks, but I couldn't (and still can't) find the words how to truly tell you how much I am grateful for the box of wonderful knitted treasures I received. I cried seeing the creations, and I truly am amazed at the talent and hard work and care that has gone into every piece. I have taken them into school and have shared with staff who were just as delighted as I am. These wonderful handcrafted gems will support many children in my school and in my role as a THRIVE practitioner. Thank you so much to everyone involved, your kindness is special, these pieces will forever be loved by so many x

### **Su, Play Therapist, Cheshire**

I just wanted to say...WOW! I received the box today and was amazed at the amount, range and quality of the puppets! I love the little notes on them too, it really was the best parcel I've ever received ;-) Please pass on my heartfelt thanks to all your lovely knitters;-))

### **Donna, THRIVE practitioner, Kent**

I just wanted to write a heartfelt thank you for the monsters and puppets. I can't express enough how wonderful it was to receive, and such an immense surprise in what was sent. Beyond my expectations! I would like to offer my heartfelt thanks for the knitted therapeutic toys that have been sent to me. They will be warmly received by the children and families I work with and will play an important role in helping children feel safe, soothed, and understood within therapeutic spaces. Each one represents not only comfort and creativity, but also the generosity of the knitters who have taken the time to make them with such care. This act of kindness carries great value — it supports children's emotional wellbeing and reminds families that they are being held in mind by a wider, compassionate community.

### **Counsellor, Herefordshire**

Thank you so much for the parcel –the worry monsters and puppets are beautifully made, and it's very clear how much care and thought has gone into them. Please do pass on my thanks to the knitters.

I wanted to share some initial feedback from my work with children and young people, including those with additional needs. The worry monsters in particular have been incredibly helpful as a gentle, non-verbal way for children to externalise worries that feel too big or complicated to put into words. For some children, especially those who experience anxiety or who find direct conversation difficult, placing a worry into the monster feels safer and more manageable than speaking it aloud.

The hand puppets have also been a valuable therapeutic tool. They've supported imaginative play, role reversal, and emotional expression, allowing children and young people to communicate feelings indirectly. This has been especially beneficial for clients with SEND, where symbolic play and visual or tactile resources can significantly reduce pressure and increase engagement. I've found they help create emotional distance while still allowing meaningful exploration of thoughts and feelings.

**Some of you will have been sent this request from Emma, but we thought you'd like to see her response when she received her items:**

**Emma, Mental Health Practitioner, Cheshire**

May I take this opportunity to thank you so much for all that you do. I set my alarm this morning to remind me to email you, so I am delighted to have been successful. I walked into school and was immediately faced with the safeguarding of two very small, beautiful children who will benefit so much from your support and the beautiful items you all knit. These children had never experienced police, social services and other professionals like they have done over the Christmas holidays. It goes without saying that the items will help these and countless families going forward.

I often feel that although you will never know the true value of your worth, please be reassured that you will all make such an incredible difference. Thank you, you are all wonderful.

**And after she received the items:**

Dear Clare and all the gorgeous knitters

I just wanted to express our gratitude for the wonderful puppets we received.

The children have loved the worry monsters and I end up going on a monster hunt around the school every day to find them as they disappear for cuddles into our classrooms every day!

We were also gifted by yourselves a worry monster wearing pants which sits beautifully with our NSPCC pants lessons. He has been a wonderful asset to our lessons.

Alongside our cuddlies, the sets of puppets which include a nurse, surgeon and social worker have helped a child desperately in need of some comfort. Although as adults in school we do our best to support our children, I cannot express how wonderful it has been to support children at the trickiest times in their lives with puppets. You are all wonderful.

We are eternally grateful. With much love.

**Jo, Counsellor, Bucks**

I've just received my box of worry monsters and I'm absolutely blown away! They are amazing! They're much bigger than I expected and just so utterly brilliant. Please pass my thanks to all your amazing knitters and crafters for their time, effort, energy and love. Please also let them know I'll be taking them to live in the counselling rooms at one of the secondary schools I work in so that all 3 of us counsellors and our two volunteers can use them in our work with 11-18 year olds. I hope we are then able to gather some case studies and stories to share with you all. Once again thank you! Your generosity and creativity is very much appreciated.

### Play Therapist, Glasgow

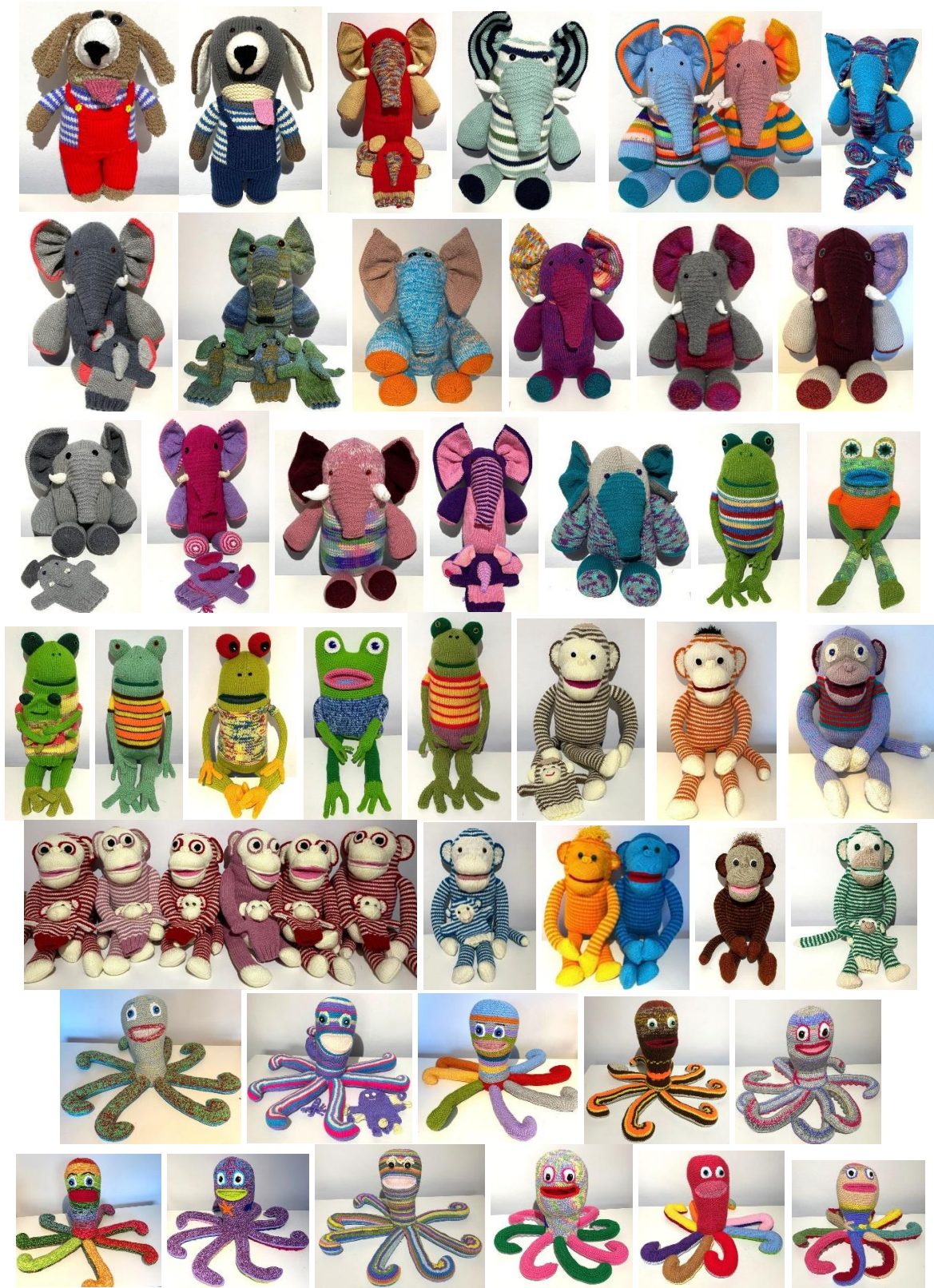
This little girl loves puppets. She picked the girl and boy puppets for the photo as she thought the girl one looked like her. Thanks again these will be amazing for my sessions.



## GALLERIES - Can you spot your item?!

Please note that items for the Galleries are chosen at random and if yours is not here it's never deliberate. It also could be because your item arrived after the Newsletter was formatted. If you'd like a picture of one of your items included in a future Newsletter, please just let Clare know.







## CHOMP, SCORCH AND MUNCH GALLERY

**CROCHETERS! PLEASE CONSIDER MAKING ONE OF THESE, THEY ARE REALLY POPULAR AND OF SO MUCH HELP IN THERAPY**





# ZIPPY, TOOTHY and CURLY GALLERY



## MORE TOOTHIES AND CURLIES



# 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, (@ March 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](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>
- **HOBBY CRAFT:** [www.hobbycraft.co.uk](http://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
- 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. Please note the new, larger pattern on page 11-12
- 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. Make them all to fit an adult hand, including the boy and girl, and please tie your sets together
- 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”. Please tie your sets together
- 13 **“Emotiknit Colour Puppets Set”**: not single ones thanks, we need the whole set
- 14 **“Shouty” and “Pouty” hand puppets** for work with violence or aggression
- 15 **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
- 16 **Transgender hand puppets** (one side male, one side female)
- 17 **Finger puppets** – use any pattern you like, they can be people or animals
- 18 **Pregnant monster and pregnant hand puppet**



## ANSWERS TO THE QUIZ

1. Toothy, Zippy and Curly
2. KfN only operates in the UK
3. Any 3 of these: Hollowfill, Trimits, Habico, Hobbycraft, Phoenix, Dunelm Wool Couture, Habicraft. (There are others which are approved, but these are the ones which appear on the recommended list!)
4. Full name (with surname), email address, county, stuffing type
5. Chomp, Munch, Scorch
6. We recommend DK to be used double because it gives a tighter weave so that the stuffing can't leak out
7. Embroidery cotton or embroidery silk
8. No, our items are only sanctioned by Trading Standards for use by therapists under adult supervision
9. "Nowt" is the Northern word for "nothing"
10. There are 7,700 thousand Followers on Facebook, (we know many of you aren't on Facebook, but this number appears in this Newsletter somewhere!!)
11. Over 3,251, (again, this number is in this Newsletter)
12. ELSAs have 6 days of training, plus supervision. Play Therapists have several years of training (this info is in this Newsletter)
13. 4
14. Mattress stitch
15. Safety eyes can come out if not clicked in fully
16. East Yorkshire
17. Doctor, nurse, police, judge, prof in a suit, social worker, teacher
18. Bully and internet groomer
19. Happy, sad, mixed emotions, calm, worried, shocked or scared, ADHD or overexcited, loving, angry
20. 10 years

**Congrats if you got them all right! Award yourself an imaginary prize!**





Does anyone you know come to mind? .....Val??!

# HAPPY EASTER TO ALL!

And, as always, a big THANK YOU

With your help we hope to be able to open up the waiting list again near the end of May. There are many therapists who didn't manage to get their names on the list before it had to close again, so please keep your needles clicking!



Clare Allan Knit-for-Nowt March 2026 [www.knitfornowt.org](http://www.knitfornowt.org)

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Knit-for-Nowt