



WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER June 2023

Read the latest from Knit-for-Nowt, how many therapists we've helped during the past few months, positive feedback and lots of ideas and tips for making your wonderful creations. Your items are making a huge difference to children's lives.

NUMBER OF THERAPISTS NOW WAITING.....1,355!





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LATEST NEWS

Frantic activity at KfN headquarters:

Monsters, animals and puppets galore have been going out to therapists! Since the waiting list opened last November we have sent out **351** boxes of items, containing an average of 5 monsters/worry animals and 2 sets of hand puppets (the family set and the professionals set), plus numerous other items. That's approximately 1,755 monsters/animal worry eaters.

The number of teams we have now supplied altogether since starting to produce worry monsters and hand puppets is 2,139. A full list of all the establishments/therapists we have supplied can be found on the "Quotes from Recipients" page of the website. It's updated regularly as we add more teams.

See the link <https://www.knitfornowt.org/quotes-from-recipients>

Val writes about our new makers:

I don't suppose Clare ever imagined, when she founded Knit-for-Nowt, just how many lovely kind hearted people there are who love the idea of making puppets and worry eaters to help children cope with their problems.

It was with a dual purpose in mind that we came up with a plan, firstly to reduce the admin involved for Clare with welcoming, informing and mentoring new makers, and secondly to try to make sure that everyone who was added to our list of registered makers was confident with Knit-for-Nowt's justifiably high standards. We think the children and the therapists deserve the best we can give them.

Now, each time someone applies to join our team, Clare forwards the application to me and I email them explaining our new policy. We ask every new maker to make up one or more of our patterns (they choose after looking at the picture galleries on the website) and send the results as a trial item. That way they can decide whether they are going to enjoy the work involved, and we can advise them if there are any questions to answer or any hints on how to get the best possible results. Once both sides are confident, they join the list, and the reward is the password and free access to all our lovely patterns.

Since we reopened the applications to new makers at the end of last year 130 potential donors have expressed interest and been sent an initial email explaining our policy and inviting them to choose a pattern. 85 have responded, 68 have chosen and been sent patterns. 24 have sent items (so far) and 7 have tried and withdrawn or circumstances have intervened and they've dropped out.

Our total of new makers added to the list this half year is 20. You know who you are, and you're all wonderful. Welcome to the team.



CAUTION, PLEASE NOTE!

The standard of our items just goes up and up as you the makers respond to the therapists' requests and needs.

There are just a few points it's worth making again about **potential hazards**:

Hairy yarns: Please test any yarn that seems hairy by pulling strongly with first finger and thumb. If bits come out the yarn is unsuitable for our items. Not only does it make for a potential choking incident with very small children, but also it's a danger for asthmatic children. We now have a ban on all "eyelash" yarns for our larger items because although some of them seem secure we feel it's safer and simpler not to use them. If you use them in very small quantities for the hair on hand puppets that is OK as there isn't enough to cause a problem.

Cat/dog hairs: please could you double check your items before they are parcelled up to ensure that your darling beloved pet hasn't discovered a lovely soft, warm, snuggly place to lie! Hairs can pose a risk to asthmatic children.

Smells!!!: please have a good sniff to ensure that no household smells have got into the yarn. This includes smoke from cigarettes, cooking smells, "dog odour" or even strong disinfectant. All these are contraindicated in children's items. Clare frequently has to hang items out on the line to freshen them up! However, please don't wash items using washing powder/fabric conditioner as there is a small risk to children who may be allergic to these. If necessary rinse in clean water and hang on the line.

Pins: please treat yourself to some pins with colourful heads so that there's less chance of missing one left in an item. They are more visible, especially in knitted items. Pins are still being found in items occasionally.



TIP OF THE MONTH How to make a monster angry!

We were asked by a therapist who deals with anger management to make an angry monster. We plan to offer these to other therapists if needed, so please feel free to make one for us.

Here are some suggestions:

Use the Toothy pattern. It helps that his teeth are showing.

Make sure the arms are long enough to be folded. This gives the appropriate body language.



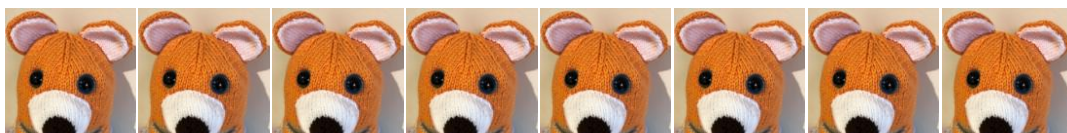
Use felt eyes. Centre the pupils so that they look aggressive.

The eyebrows are the most important feature. They must slant downwards towards the nose and almost meet in the middle. Use embroidery silk and stem stitch. Embroider the first slanting line, then add extra straight stitches to thicken up the brow towards the nose end. The monster illustrated also has a single line of stem stitches in eyelash yarn added, (eyelash yarn in very small quantities such as this is fine).



QUOTES FROM KNITTERS

- **OMG, these new Emotiknits are amazing. The person that has created them is awesome, love the detail. Must dash, as I am keen to see exactly how these Emotiknits are sewn up**
- **I consider myself to be very lucky to be part of a team making things that do so much to help children. And I also love being a member of such a friendly and supportive group on Facebook.**
- **One of my ladies has been very busy. She is 92 and sometimes starts knitting at 7:30 in the morning. She knits the bodies, mouths, arms and legs and ears, then passes them to me to add the eyes etc and sew them up.**
- **I am sorry that it took me so long to send you more parcels. Time has this way of going by so fast and before you know it almost 8 months have disappeared since my last parcel to you. I have given myself a jolly good talking to and gathered together all my UFO's (unfinished objects!!) with the express goal of finishing them and actually getting them in the post to you. I think I have now amassed enough wool and fabric to open my own shop - it's an addiction I have no intention of recovering from!**
- **I've found being able to knit very grounding and therapeutic. I think it's got something to do with the slow, steady nature of knitting and the fact that something valuable is being created.**
- **I'm so glad that I'll be able to knit for you, what you do is very close to my heart and I've been looking for a charity to support for a long time and this is perfect.**



NEW PATTERNS All of the following patterns are now on the website

CHOMP THE T REX, MUNCH THE TRICERATOPS AND SCORCH THE DRAGON

Crochet patterns by Rachel Wigram



OWL KNITTED HAND PUPPET

By Gail Smith



DOG KNITTED FINGER PUPPET

By Una O'Malley



An alternative pattern for Body Image monsters in single DK by Mary Bendell



THE HAPPY/SAD SIDED FAMILY SET by Maureen Harker and Val Holmes

Brand new knitted hand puppets for the family happy/sad sided set. You can find the pattern by scrolling down below the Muslim and pregnant hand puppet patterns. These puppets are such fun to make, but do require quite a bit of sewing up and details. If that doesn't faze you and you enjoy taking your time and adding details then please try them! The puppets have optional legs. **NB. these puppets are totally optional, please continue to make the usual pattern if you prefer it.**



EMOTIKNIT COLOUR PUPPETS by Val Holmes

Puppets in different colours which denote emotions. These can be made as a set or please make them singly in whichever expression you choose. Also a pair of happy and sad ones would be very useful (yellow, blue). NB. these puppets have a small amount of stuffing in the head, which is important because it stabilises the facial expressions



BARNADOS

Knit-for-Nowt has donated items to many Barnados teams around the UK. Their workers provide amazing support for children and young people and we are so proud to support that work.

Joanne –Barnado’s, Scotland

“I work within the Hear4U team for Barnardo’s in Dumfries. My team and I provide advocacy and emotional health support to young people ages 5-25 who are living in care. As you can imagine, many of the young people we work with have been through significant trauma and so it is important that we provide them with the support they need to help them express their views, so that we can uphold their rights in court. My team and I would very much appreciate a box of worry monsters to help us support the young people we work with.”



Amy, Barnado’s therapist, Lancashire

Message: “Hi, We are a mental health service working within school settings with secondary school young people who have been or are having challenges with their mental health. We support young people in both mainstream and special educational settings with anxiety, low mood, low/no school attendance, self esteem, confidence and emotional regulation. Our practitioners work with young people who have various levels of communication and need. The therapy puppets would encourage a creative approach to therapy to help and support young people who would find it hard to access themselves. We would like a mix of both monsters and hand puppets. We recognise that during therapy a young person is able to tell a puppet more than they tell their therapist at times. Also, using the monster as a worry monster can help with the increasing number of young people we are seeing through anxiety presentations. I feel that the donation of the puppets and monsters would be an invaluable resource the team could use to benefit the young person during their therapy journey.”

How did the pandemic affect children?

Debbie Pattison, Counsellor, explains how Covid has had a lasting effect on our children's mental health.

Young lives thrown into chaos

The ways in which various children have been affected by Covid depend vastly on their circumstances. Debbie has seen children with varying symptoms of anxiety, depression, OCD and self harm, and the pandemic has hit them in very different ways.

'Children with Autism Spectrum Disorder, for example, were fine being confined at home, but returning to the classroom has been a problem,' says Debbie.

'For one boy that I saw for a while, school was his happy place- his home life was very traumatic. Post-pandemic, he has become a school refuser. It's so sad. He just couldn't get back to school.'

Germs and fears of illness

Following years of having to wash hands fastidiously and wear masks while in public, some children have been unable to let go of that behaviour. 'Some of them have anxiety that has stemmed from hand washing and wearing masks, so we have seen OCD develop. They can't stop washing their hands and have an irrational fear of germs,' explains Debbie.

'Other children don't want to eat at school because of the fear of germs. They've got those fears ingrained now, and they haven't gone back to a world they feel safe in.'

A regression of social skills and interrupted education

Debbie has seen many primary school-aged children who are struggling through losing nearly two years of socialising and learning social skills. The gap in classroom education has also impacted children who struggled with home learning and have found their education, as well as their mental health, has suffered as a result.

Lockdown is over but the effects are ongoing

The effects of Covid seem to be coming out now in young people, Debbie says. 'It isn't just one or two. Some weeks every single assessment call I do is about how a child is struggling after Covid,' she says.

And, as Debbie points out, many of the effects may be yet to show in some young people. 'I'm worried about the long term effect on primary school children because they need socialising,' she says. 'It's how they learn behaviours and how to interact with people, and with that [lockdown] break, how is that going to be repaired?'

Source: Spurgeon's Children's Charity

NEW FEEDBACK FROM RECIPIENTS OF OUR ITEMS

NB. We have been given full consent for all pictures of children in our Newsletter.

Julie – ELSA, Primary School, Wales

Request: I'm an Elsa in a primary school very fortunate to have my own class that's available to all children as a breakout room when circumstances arise. We are situated within a very large council estate and resources are few and far between so would love to be considered.

On receipt of our items: "Wow wow wow! I can't believe how many I've had, how wonderful each and everyone is, the details, love, all the touches. The NSPCC one brought a tear to my eye, but what a wonderful way to use for opening up, and the one with bruises, oh gosh I could go on and on, simply amazing! Absolutely love how each one has a little note in from who made it and where in the country. Thank you doesn't seem enough xx

Kat – Secondary School, Hampshire

They have arrived and are beautiful! Thank you so much. We have a student with Downs Syndrome. He has a jar for his dreams, now a monkey for his worries. He is extremely happy with Minty. Such an amazing thing that you and the knitters have done.

Sharon – Play Therapist, Blackburn, Lancashire

Please tell your knitters that the worry monsters have been shared with learning mentors, ELSA staff and emotional support workers across Lancashire so will potentially be helping hundreds of children to share and learn to manage difficult life events and feelings. It really is a pleasure to use the items and the children love them. Thanks for all you do

Suzy – ELSA, Primary School, Dorset

I am utterly speechless! The worry monsters are incredible! I cannot quite believe it!! I'm so excited to take them into school next week – they will be loved by our children! Thank you team, so talented and kind!!!

Leanne – Children's therapist, Cardiff

Request: I work for MPS Education Agency and I have been with them for five years. I work full time in different schools in Cardiff with SEN children and various other children with different difficulties. I have requested both worry monsters and hand puppets as the children I work with would really benefit from these resources and it would really help them to progress on all levels

On receipt of our monsters: what can I say, they are absolutely amazing – the details and amazing talent by the knitters really shine through. I cannot thank you enough, and tell you the difference it will make to the work I do. They really are one in a million and took my breath away when I opened the box xxxx

Jenny – ELSA, Hampshire Primary School

Just a quick email to let you know that I received the box of worry monsters today. To say that I am gobsmacked is an understatement!!!! The worry monsters are out of this world, the quality is amazing and the different designs will cover just about everything that we need. I really can't wait to start using them with the children, I know they are going to love them just as much as I do. Once again, thank you all so much for the amazing work you do.

Justine – ELSA, Stockton on the Forest, Yorks

An enormous thank you to everyone that has contributed to the knitting of these wonderful puppets. I have shown them to the children who are also amazed by the quantity of puppets you have let us have, they will be loved and well used.



Sarah – ELSA, primary School, Essex

Just to let you know I received my box today. WOW! I'm blown away with how generous you have been! I absolutely love everything you have sent and cannot wait to show everyone in school! They will be such a great addition to our school and I cannot wait to use them! Many thanks to all of your wonderful knitters! It's such a wonderful thing that you all do and will benefit so many!

Susanne and Emma - ELSA's, Primary School, Suffolk

We have just taken delivery of our amazing worry monsters and we are over the moon with them! They are already a big hit with the staff and children and are going to be incredibly useful in the wellbeing work we do here. We love that they are all so big, colourful, characterful and huggable. What a wonderful bunch of makers and organisers you are - everyone benefits and that's a rather beautiful thing.

Pictures from Jo – Children’s Counsellor, Leeds



Amanda - registered Dramatherapist in private practice. Facilitates creative arts, and teaches LGBTQ+ inputs on Dr Sue Jennings NDP diploma course.

I received my parcel today and oh my goodness my jaw was on the floor, the items are just so wonderful, what a talented bunch of knitters you have. I loved reading who created them and where they are located. Thank you so very much.

The worry dolls are gorgeous, and so unique with their own name and style. The matching small friend hand puppet can be used to demonstrate how to use the worry monster, or to role play taking the worry out of the monster and sharing it with a trusted adult as the poem states (lovely addition).

To me Toothy has some attitude that older children will love.

Mojo mirrors the zones of regulation that a lot of schools are using which is really helpful, and I have taken a particular liking to Zippy I have to say!

The puppets will be so helpful. I was so thrilled to receive transgender puppets which will be used when I facilitate my LGBTQ+ input on creating a gender neutral play space. It was lovely to see such diversity amongst the puppets and the professionals puppets will be invaluable in my work with "looked after" children - I am also a foster carer!



Mairi – Community Learning Disability team, Bristol

I work in a team of Creative Therapist, (Art, Music, Drama) and we are a specialist health community service working with children and adults with Learning Disabilities. Often our clients have experienced complex trauma/abuse and are non-verbal. These monsters and puppets would be an incredible resource and could be used by our whole team of therapists.

On receipt of our items: we are absolutely thrilled with the worry monsters and puppets, and they have already started work in our team! The photo is from our team meeting. We have 10 Creative Therapists and an Assistant and we work in a community setting with lots of other health professionals, so the puppets and monsters will be kept very busy.

We are all so impressed with the quality, tremendous skill and time given to make these for us. Thanks once again!



Hannah – Play Therapist, Cheltenham

All I can say is WOW, WOW, WOW and a massive thank you to all the knitters involved in the process. I am hugely grateful

Hannah – the Be Kind Project, for Learning Disabilities, Northern Ireland

We received the items today and I am absolutely astounded by your generosity and kindness! All of the items are just beautifully made and I really appreciate you sending us so much! Our charity supports children with severe learning disabilities and these knitted puppets will really help us with the children and I just can't wait to show them off.

Brenda – Dry Arch Children's Centre, Northern Ireland

I just wanted to let you know that your box of amazing characters arrived and we are overwhelmed. They are the most amazing characters and will go a long way to helping our children cope in these stressful times we all find ourselves within. Your knitters and seamstresses all deserve so much credit.

Jayne, Teaching Assisant and ELSA in a complex needs resource base attached to a Primary School, Wales

Message: I have seen your fabulous worry monsters and would love one for my class. The children have a range of social, emotional and learning needs and would benefit greatly from one of your worry monsters.

I am already thinking of 100 ways to use the worry monsters to help the children I work with.

Blaenau Gwent is an area of extreme deprivation. We have a large number of children who need so much support with their wellbeing, emotional and mental health.

On receipt of our items: thank you so much for the amazing worry monsters! They arrived safely at our school today. The children helped me open the box and were so excited to see what was inside (as was the class teacher and other TA). The children's faces were a picture as we carefully took each monster out of the box. They are all outstanding and so wonderfully and creatively made.

I can't wait to start using them with the children. They are going to make a huge difference to our learners who struggle with anxiety, low self-esteem and other worries.



Jo – Primary School, Bristol

Thank you so much, my worry monsters have arrived. They have totally exceeded my expectations!!! Please pass on my heartfelt thanks to all involved. You are all amazing.

Claire – large Primary School, Flint, Wales

I just thought I'd send you some photos and comments from the children. They were very excited to use them. Sam was great for our emotional check ins. (He is the sewn worry monster and they all agreed to call him Sam.)

"The puppets help me talk when I feel sad."

"Sam takes my worries away; I can leave him a letter."

"I like the feeling of the puppets."

"It's good to see different faces and feelings."



Katrina – Pastoral Support Learning Mentor, Primary School, Warwicks

I received some gorgeous Worry Monsters from you last year and they have been used by our children daily, so they are very much appreciated. The children at school love them! Many thanks.



Kathryn – Primary School, Oldham, Lancs

Hi. Wow! We have received our wonderful box of knitted goodies! I'm blown away! Thank you so so much! Last week was a crazy week as I work in Yr6 as well as my pastoral and ELSA role. SATs week brought many an emotional child to my door! I've quickly shared my excitement with another member of our school mental health team, showing her some of the wonderful monsters and puppets. Many thanks

Viki – Primary School, Bath

I have just received and opened with great excitement our box of worry monsters. The timing is perfect as this is our school Mental Health week. I am absolutely thrilled with everything. Thank you so much to everyone who makes this happen for our children to benefit from. I am overwhelmed and did not expect to receive such a generous box full of the most wonderful characters! Thank you again for making this happen and all that you do.

Holding Hearts Therapeutic Services. Jade, Play Therapist for bereaved children, Northumberland

A massive THANK YOU to the wonderful Knit-for-Nowt and all the amazingly talented knitters and crocheters who have handmade the most amazing hand puppets for us to use with children in therapy sessions. This is just a selection of what we have been sent free of charge! We are blown away! These puppets will help lots of children to share their stories! Thank you! ❤️ Aren't all the little details just fantastic?! 🥰🥰



Irene – teacher of deaf children with additional needs, Manchester

Thank you for the amazing puppets and worry monsters!
I am overwhelmed by your generosity and the skill of all your volunteers.
I will share the therapy puppets with my colleagues in Manchester Sensory Service...
Deaf children have struggles understanding different emotions in others and themselves, these resources will be so helpful to demonstrate many emotions through play.

Joanna – Play Therapist, Gloucestershire

I just picked up my parcel with puppets, got home and I'm standing here in my living room absolutely blown away (crying lots of happy tears) with the quality, diversity, quantity, but mostly with the love, time and effort that was put into this fantastic offering. I honestly did not expect it. What a wonderful job you are all doing. I'm so grateful on behalf of all the children that will get to use them. Thank you very much.

Marion, ELSA, West Sussex

Please see attached photos of the wonderful worry monsters you sent through to me. Our primary section are absolutely loving them. They have named them all and one is called Jessica. Thank you again. Such a great resource for our young people.



Katie - Mental Health Support Team, Stockport

Request: I'm from a new Mental Health Support Team in Stockport and it would be absolutely fantastic if we could please please get some worry monsters or hand puppets for the young people that we work with. We offer low intensity CBT informed therapies for children and young people, and as we are just starting out these would be a fantastic resource.



GALLERY of MONSTERS

Many very beautiful monsters have come in recently, but as you can imagine the task of displaying them all either here or on the website is huge. So in future there will be **RANDOM SELECTION** of your work on one page of the Newsletter for monsters and one page for puppets. There are still 3 Galleries of your items on the website (our main Gallery and also the 2 Competition Galleries from last November).



A Selection of your monsters



A Selection of your puppets



A "CATalogue of CATS!"





FINGER PUPPETS NEEDED!

Could you use up some of your odd leftover bits of yarn and make some little finger puppets please? We are always very short of them because Clare tries to include 10 (one for each finger!) in each box of items. Even just a few in your parcel will help tremendously.



Use our pattern on the “Patterns for Hand and Finger Puppets” page of the website, or alternatively you can use any patterns you find for either “people” finger puppets or animals.

Nic – Children’s Counsellor, Hertfordshire

“Oh my goodness, I have received the parcel of puppets etc. and I am beyond grateful to you and your amazing team. I was actually completely blown away by the number and the amazing quality, care and thought that had gone into them all. Thank you so, so much. I am relatively recently qualified and working for 2 charities so get paid very little and so don’t have much money for resources. Thank you all so much, they are brilliant. I am taking them with me tomorrow into a school to work with some very traumatised children, and I know they will be a hit. Thank you. Thank you xx”

Val's tip for sewing up your puppet's head

Baseball stitch



Baseball Stitch

Most of us, when we're sewing together two pieces of knitted fabric, would either put right sides together and make a back stitched seam, or, when a neater invisible seam is desirable, as when joining pieces of a stuffed worry monster, would use mattress stitch. The first of these is fine on a garment, the second on a stuffed item, but both of them are too bulky to be used in sewing up a puppet. They reduce the size of the puppet particularly the head and arms, and leave an ugly channel round the edges.

Baseball stitch makes a flat seam. It is used to secure the leather cover on baseballs where a lumpy seam would be inappropriate. It is worked from the right side and takes up only the very edge stitch, a stitch being two strands, not just one.

Place the two halves of the puppet wrong sides together, pinning areas that should match. Hopefully you will have left a long tail at cast on or cast off so will have your matching yarn already firmly attached. Baseball stitch is formed like a figure 8. The needle is always inserted from the inside, that is between the two layers, to the outside, first to the left, then from the inside and out to the right, and so on, inside, out left, inside, out right, all the way to the end of the seam. Ideally you will go through every edge stitch, but every alternate stitch is almost as good.

You can also use baseball stitch to sew round shaped pieces of worry monster, like ears or fingers and toes where there is no room for mattress stitch.

WHAT STUFFING SHOULD I USE?

Knitters 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.

The following are at present, (@ June 2023), available online and are approved for our items. You may use others which you find with the correct markings.

HOLLOWFILL <https://www.ebay.co.uk/itm/182637234827>



TRIMITS

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

HABICO

<https://www.ebay.co.uk/itm/313124287778>

HOBBYCRAFT

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

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 four 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. Please note the recommended dimensions in the patterns and please stuff these firmly with approved stuffing
- 2 **Animal Worry Eaters (which aren’t monsters!)** – 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 and it was more difficult to get good facial expressions, but the sewn version is just about the most popular item requested. Please stuff these firmly and use the recommended white oval shapes on the eyes
- 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. These are meant to represent disability in general
- 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 **Masks and 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 now use the larger version of the pants pattern, which is on the website, as our monsters are now bigger than previously
- 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, and judge in robes. We’d also like if possible a “professional in a suit”
- 13 **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
- 14 **Transgender hand puppets** (one side male, one side female)
- 15 **Finger puppets** – use any pattern you like, they can be people or animals
- 16 **Pregnant monster and pregnant hand puppet**

A policeman spotted an elderly lady driving while knitting.

"Pull over!" he screamed.

"No, it's a scarf!" she yelled back.

Well you have to have a laugh sometimes don't you!

Please, please continue to make your amazing items because we want to continue to help as many children as possible and every single item you make will be so important to the therapists. They send their heartfelt thanks.



Clare Allan Knit-for-Nowt

June 2023

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