Knit-for-Nowt

Easing children's worries

WELCOME TO THE KNIT-FOR-NOWT

NEWSLETTER SEPTEMBER 2026



This is what it's all about!



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LATEST NEWS and requests from Clare

- **Over the summer** there was the usual drop in donations of items to KfN - understandable because many folk are busy with gardens/family/holidays etc. We are now about halfway through the latest waiting list. In May we took **268 requests**, and we have got that down to **125 left**, so thank you to all who have sent in items
  Teams helped so far: 3,364 plus many more independent therapists

- **It's back! Our non-judged Autumn raffle competition!** Another chance for you to win a £20.00 voucher to spend at Black Sheep Wools. See page 5 for the details, it's automatic entry if you send items adhering to the rules. The more items you send, the more chance you have of winning!

- **NEW PATTERN! Hattie** is now ready to go – the fully tested pattern is now on the website for our newest addition to the family, the Hattie worry monster. Many thanks again to all those involved in pattern making and testing, you've done us proud. Please try out this brand new pattern and let us know if you find any glitches, because it doesn't matter how many times we test knit patterns, it seems that there's always something that's missed! See Page 10

- **KNIT AND STITCH SHOW at Harrogate** this year is from 19-22 November inclusive. Val and I will be there as usual on the Sunday (22nd). If anyone would like to meet up with us for a KfN chat please let me know and we can arrange to meet. It's likely we'll be there from about midday

- **ZIPPIES WITH EAR DEFENDERS.** We've been told that autistic children often find very bright colours, or a mix of bright colours, challenging. So, for the Zippy monsters with ear defenders, could we now please ask that you **knit some of those in pastel colours,** as softer colours will apparently help some children. Please still continue to make them in bright colours too though, as some children do react well to those and need the stimulation which they give. **So either way is good, thank you**. We still need more of these ones if possible please, they are SO useful to the therapists and it would be good to be able to include one for every Special Needs School (not always possible at the moment because I don't receive many)



- **Could you make us a PREGGY PEGGY?** **Please add "Stressed"** to your set of Emotiknit Colour puppets, See below for the face

Pattern is on the website





- **DISABILITY MONSTERS** – I never have enough of the ones with detachable limbs, so please consider making one. This pattern is on the website





- **Did you know that Royal Mail 48hour Tracked service is now cheaper than second class?** It's best if you put your own email address on for the tracking as if I receive a tracking email it doesn't tell me whose parcel it is, making it harder to trace!



THE KNIT-FOR-NOWT AUTUMN LUCKY DIP

The more items you send, the more chance you have of winning!

ALL ITEMS* received by KfN from Sept 2nd until the closing date will be

AUTOMATICALLY ENTERED INTO OUR PRIZE DRAW

excluding finger puppets and as long as they comply with the rules below

- **Items must be knitted, crocheted or sewn from one of our own patterns**
- **This Lucky Draw is NOT JUDGED. It's open only to knitters, crocheters and stitchers already registered with Knit-for-Nowt**
- **If your set or item is picked out in our raffle you'll win a prize and your winning item will be displayed prominently in the next Newsletter**
- **Items must adhere to the safety rules and Terms and Conditions displayed on the website**
- **A complete set of puppets is counted as one entry. Please help by tying your set together (the tie will be removed before donation so any tie will be fine)**
- **Competition closing date... Saturday 21st November. All items that comply and which are received by KfN by that date will be entered automatically**
- **When your items reach KfN they'll be photographed and each item/set will be given a Raffle number, then they'll be donated straight away as normal**
- **Lucky Dip choice will be made during the week beginning 23rd November by a senior therapist**
- **Prizes: 10 lucky dips picked out at random each win a £20.00 voucher to spend in the online shop Black Sheep Wools, please see https://www.blacksheepwools.com**
- **The first name and county of the winners, along with larger photos of their winning item or set, will feature in the next Newsletter**





DO YOU KNIT AND NATTER?

Did you know that if you put your postcode into Google, it will tell you where and when the Knit and Natter groups are in your local area? There is something really lovely about a Knit and Natter session, whether you meet in a café, a village hall, a library or a cosy corner of a yarn shop, these gatherings are as much about friendship and conversation as they are about knitting!

But if you're not able to get to one of those groups, one of the great advantages of Facebook (even though we all know about the drawbacks!) is that in our Facebook group you can chat with other makers, ask questions, get other people's tips, info and advice, post pictures of your items if you wish, or simply stay silent and observe. It's a friendly space where there's never any negativity, and it can be a great way of motivating yourself! We currently have 161 members in the Group and new makers are always welcome to join. You do need to be on Facebook already. You won't be able to see our group because it's a private group, hidden from public view, meaning only the members of it can see it. If you're interested in joining, please get in touch with Val on knitfornowtnewmakers@gmail.com and she'll sort it for you.

You may be one of the many people who prefer to stay off Facebook though, for perfectly understandable reasons, so you don't have access to all that info and support. If that's the case and you'd like to ask members of the group a question about anything to do with making things for KfN, please let Val know (email address is above) and, if she doesn't know the answer, she can ask the question for you. Or if you have any spare yarn/fabric which you feel you can't use and you would like it to be used for KfN, Val can offer it to members of the group on a first come, first served basis. Our group rules state that the person receiving the yarn will pay for the p&p, so it won't cost you anything to send it. Once someone says they'd like it, Val can put you in touch with them by email.



BULLIES/GROOMERS AND ABUSE MONSTERS

For some time now we have been asking if you could make us an abuse monster and/or some hand puppet "baddies", and they've been sent out separately as needed. We are now planning to send an abuse monster (see pattern on website) to therapists along with three hand puppets in a pack: bully, internet groomer and a puppet to act as victim (just make one with happy/sad sides – see page 9). These four items grouped together would be used for class training in the prevention of bullying, and, if needed, for cases of more serious abuse.

But please don't feel you have to knit all of those. We prefer you to stick to what you feel comfortable knitting – some knitters are more confident doing the embroidered faces on our bully/internet groomer puppets than others, and some prefer just to make monsters. So please make whichever you prefer, and the pack will be assembled by Clare.

Don't worry about packing up your items together in any special way as they all have to be unpacked for safety testing anyway! Clare will then pack them together as a set before donating them.

Please include on your monster a black eye and at least two bruises on the arms. Leg bruises are not as useful, as many children will get these in the course of normal play. The preferable way of doing the black eye is with felt, as below. It avoids the need to use embroidery, which is tricky to get right! For the "black" eye, purple, maroon or brown looks more authentic.

Or, if you can find it, pink or purple "marl" colour of felt is even more effective for the eyeball.

When asked on Facebook if therapists would like a Bully Pack, there was a HUGE response - we've received numerous requests!





THE BULLY AND GROOMER PUPPETS PATTERN has been edited

Some folk were having trouble making the faces look really nasty on one side of the bully and groomer! We have replaced some of the pictures on the pattern and we hope that has helped.



BULLY – NASTY – exaggerate the smile



Back of puppet: BULLY - LOUDMOUTH



GROOMER – sweet and innocent one side



Back of puppet: GROOMER – how he really is

We know this isn't easy, but it's really important in therapy that the back of the internet groomer has a very "nasty" sneer! The pictures above show how effective embroidery cotton/silk (separated into 2 or 3 strands from the original 6) can be when placed carefully. You will find that lining the face with Vlieseline (as recommended on the pattern) will massively help you achieve a good result, as it gives stability so that the lines of stitches don't wobble about! Notice where the eyebrows are placed and for the Groomer please slope the mouth.

THE VICTIM

We are asking that you please add a "victim" hand puppet to your bully and internet groomer to make a set of 3.

Please make this puppet all in one colour – so that it is gender/race/age neutral – any colour is fine, although it's best if you make it a different colour to the other 2 puppets.

Using embroidery thread, separated into 2 or 3 strands (from the original 6), please do a smile on one side and a downturned sad mouth on the other.





Notice the way the eyebrows slope on the sad one

NEW PATTERN – HATTIE THE WORRY EATER

Our brand new knitting pattern for Hattie the worry monster is now on the website page "Patterns for Worry Monsters"

Many thanks go to our pattern maker Penny in Whitby, North Yorkshire, and to Val (who worked with Penny on the pattern and has so far knitted ten test versions!). And a big thank you to all the other test knitters who generously took the time to knit versions of it (you can see other pictures of various Hatties in the pattern and also in the June Newsletter).

You can see below three examples. Hattie is knitted in double DK or Aran in colours of your choice (please don't use single DK). You can use Aran if you are confident of your weave being tight enough for the stuffing not to show through.

Chinese Wave pattern is optional – see pattern for details of how to do it.

Making Hattie with Chinese Waves is the perfect time to experiment with using both ends of the same ball of yarn – it avoids having so many balls of wool on the go, which often results in a tangled mess!



We think you'll enjoy making Hattie – it doesn't have to be exactly as it appears here in the pictures, as long as you stick to the basic pattern, please feel free to vary your stitch patterns/colours etc. and, as you can see, Hatties sometimes come out thinner or fatter, which is fine.

If you have any questions about Hattie please ask Val directly on

knitfornowtnewmakers@gmail.com



Why, when most makers are very experienced, does KfN give tips/advice?

We constantly try to improve and develop our items so that they are of optimum use in this very specific therapeutic way, and so any tips/advice/requests to you as the makers are given as a result of feedback from the therapists, or equally the advice may come from other makers who can tell you helpful hints or pitfalls/mistakes they've made!

So if you are an experienced knitter/crocheter/sewer (as many of you are) please don't take any suggestions about your items as criticism. The tips are given in the spirit of trying to be as helpful as possible. We are not therapists, so we rely on them to tell us what they need.

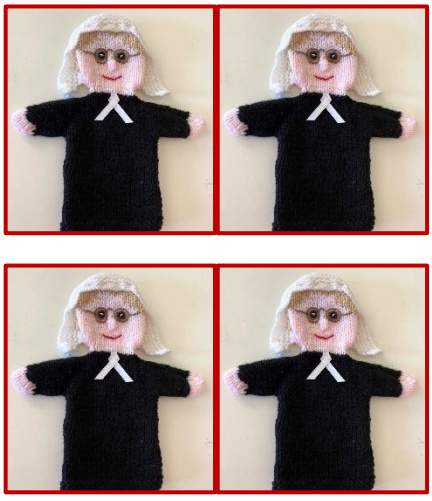
Please also bear in mind that each therapist receives a good selection of items, (a minimum of five different worry eaters and, if requested, at least two sets of hand puppets). So for example if you think your item might be a bit scary, it would be included along with friendlier looking ones so that the therapist has a choice – we all know how skilled they are in choosing the most appropriate item for any particular child.

If you have a background in working with worried children, please don't hold back from giving advice about what might improve our items, or suggestions for any other items you think might be helpful. All criticism is welcomed because it helps us to do better. The therapists are incredibly reluctant to criticise because they are so grateful!

THIS MONTH'S TIP from Ursula in Cambridgeshire

Ursula says: "I've found it frustrating that balls of wool are so loosely wound that the end is hard to find. I fold over the end and tie it in a slip knot. Just enough weight for the end to appear."

Ursula won £25 for sending this tip to Candis magazine for their "handy hints" feature. And many thanks Ursula for your regular profs sets, which are so much appreciated.



CASE STUDY JAMIE, AGED 8 *Source:internet*

In this article about school avoidance, you will be able to tell how useful our items are in Play Therapy. Although it doesn't specifically mention worry monsters/animals we know that they are used all the time in the Play Therapy process.

Jamie, age 8, a quiet and creative child, struggled with consistent attendance in school due to intense anxiety. Having experienced multiple Adverse Childhood Experiences – including parental separation, family instability, and exposure to conflict – Jamie found school overwhelming and often became distressed, particularly in group settings. This led to increasing school avoidance and high levels of separation anxiety. Jamie was referred to play therapy after other attempts to support him in the classroom were unsuccessful.

The first objective was to establish a trusting therapeutic relationship with Jamie in a familiar environment to reduce anxiety and begin exploring feelings around school and separation. The therapist engaged Jamie with a selection of toys, including puppets, stuffed animals, and building blocks, allowing Jamie to choose the play activities. the therapist followed Jamie's lead, reflecting on his actions and mirroring emotions to help him feel safe and understood. This non-directive approach allowed Jamie to express himself freely and begin to build a bond with the therapist.

Using animal puppets, Jamie and the therapist created a story about a character named "Sammy the Fox," who faced fears and anxieties around leaving his family to go on adventures in the "big forest" (symbolising school). Through Sammy, Jamie was able to project his fears and feelings without directly discussing himself, giving the therapist insight into his emotional state and helping Jamie start to process his fears in a safe and controlled way.

After three weeks of home-based sessions, Jamie began to open up about his fears. He showed less guardedness, and both Jamie and his parents felt more optimistic about him exploring feelings related to school.

Along with other therapy tools, the therapist introduced gentle role-play activities where they pretended to go on "school adventures" together. These adventures included packing a small bag, "walking" to an imaginary classroom, and meeting "friendly teachers" (role-played by Jamie and the therapist). This playful, gradual exposure allowed Jamie to practice school-related routines without the real-life pressures and gave him confidence in managing these situations.

Jamie began expressing less fear about school and he started showing signs of increased emotional regulation. Jamie's parents noted he was becoming more comfortable discussing school, suggesting readiness for a short, supported school visit. Using a number of intervention strategies, we helped Jamie gradually transition back into the school setting with play therapy support, to foster a sense of security and empowerment.

Jamie then went on play-based school visits, with a "safe corner" in Jamie's classroom, stocked with sensory items and soft toys, where he could go any time that he felt overwhelmed.

Over several weeks, Jamie gradually increased his time in school, initially attending just mornings and later extending to full days. The playful and gradual approach to re-entry helped Jamie manage his anxiety. His "safe corner" became a reliable resource. Jamie's parents and teachers observed improvements in his ability to self-soothe and engage in learning, and Jamie began forming connections with peers, helping him reintegrate socially.



QUOTES FROM YOU!



- **Thrilled to hear that my parcel has arrived with you and that the puppets and big owl are safe and sound! I'm glad the puppets will be going to such good homes. It's always lovely to have the names of the therapists who will be receiving my efforts - I like to imagine them opening the boxes when they arrive! It must be so overwhelming for you to receive such a huge number of requests whenever the waiting list opens.**

- **Such a shame how many children these are needed for. Already started the next lot. I get a lot of enjoyment doing these, and knowing it helps such a worthy cause makes it worth it.**

- **It always amazes me, and saddens me, that there are so many therapists on your waiting list - and so many children needing their help! Onto the next batch now!**

- **You realise what a world we are living in after reading the therapists' letters and what they are having to deal with every day in their jobs. It definitely spurs you on to continue making items**

- **I've just "powered through" the messages from the therapists and managed not to cry. I'm so pleased that what is a pleasure for we knitters and crocheters can help so many children**

- **It makes me so sad to read how some children's lives are so awful when they should just be loved and cared for**

- **It is so sad that there are so many children in need of help. Thank goodness for the therapists. They have a very difficult and much needed job! Knitting worry eaters is such an easy part of the chain!**

- **I so love that the making of these items gives so much pleasure and feeling of self-worth to those who make them.**

- **That request is sad, and lovely to think there are such things as play therapists to help, and that our worry monsters and puppets assist. I love supporting Knit for Nowt**



RECENT FEEDBACK FROM THERAPISTS

Faye, Higher Lever TA/ELSA, bereavement specialist, special needs and disability school

I work with pupils who have life limiting conditions, ASD (Autism Spectrum Disorder) and pupils who display challenging behaviours.

I cannot get over how completely beautiful these are…..I was gasping at every single one as I unwrapped them all. The attention to detail, care, time and passion that has gone into these is clear to see, and I feel extremely blessed and grateful to have received them, on behalf of all 200 pupils at my school who will get so much enjoyment out of them during my sessions and in class lessons. They will certainly be well looked after and treasured forever.

What a wonderful group of ladies taking their time to make these. Completely beautiful in every way. I cannot wait to show them off in our staff meeting tomorrow and I already feel very protective of them. Thank you all a million billion times over 😇

Lizzie, Social and Emotional Interventions Lead, Junior School, Bucks. The following was written in their Newsletter after our donation of items

At our school we recognise that some children, at times, may find themselves with worries, big or small that they do not, for whatever reason, feel happy to share with a safe adult. In these cases, we have provided the children with some very special friends. First, let me introduce to you our school's Worry Monsters, who help children feel their worry has been shared and ultimately 'eaten' by our Worry Monsters. Huge thanks to Knit-For-Nowt for their kind donations.



Catherine, local authority Educational Psychologist, Bucks

Thanks so much for the worry monsters and hand puppets. I'm glad to say they were very well received at my 10 years of ELSA celebration here in Slough. I've attached a photo of the recipients with their puppets.



Lynn, Children's Counsellor, Bucks

Her request:

I am a counsellor in a group of schools – working with children aged between 4 and 18 and I also have a private practice working with children and adults. The children I work with are often neurodivergent and your beautiful puppets and dolls would help immensely with their ability to tell their stories and explore their emotions. For other children (and to be honest, adults) who have suffered a trauma they would be so helpful to the way I work. I am keeping my fingers crossed that I am in the first 200!

And after receiving the items:

I had to just send an email to say a massive thank you! My box of goodies has arrived and I don't even know where to start in this email! I'm overwhelmed by the generosity of the charity and your knitters. The items are absolutely beautiful and will be so useful to the children I work with. And there's so much in the box! Honestly - I can't even begin to express my thanks.

I can already think of 1 child who writes her worries on little bits of paper and hides them under the cushions of my sofa who is going to fall in love with the blue and white cat!

Thank you again. Massively massively appreciated :)

Nina, Special Education Needs Intervention worker, Berkshire

Thank you all for our beautiful worry monsters. Our children are obsessed with them and they have pride of place in the classroom. What an amazing idea. Our children will definitely benefit from them!





Helen, Drawing and Talking therapist, Lancashire

Thank you so very much for our new worry monsters – they are incredible. Every knitter and seamstress out there please know you are valued and appreciated. Honestly, we cannot thank you enough. They now have their own home in our 'pastoral corridor' which sounds awful but is a lovely open and calming space where children can come to regulate or just chill and share.

We really hope you don't mind but we have re-named a couple. The caterpillar we have named Jeff after a local fireman. The elephants we have named Duncan and Little Dunc after our Deputy head who is leaving us soon.

Special thanks to Vicky M in Sussex, Lesley P in Hampshire, Linda H in Cumbria, Carole W in Ashton-under-Lyne, and everyone else involved in making and sending them.

I did take a video of some children opening the box but -to date- I cannot attach it as it is too big! Tech is not my strong point.

Laraine, Play Therapist, Merseyside

I have just received my bundle, and wow!!! I am blown away with what I have received and they are going to be a very cherished addition to my Play Therapy toolkit. I am so, so thankful and send so much gratitude to all who have put together these amazing worry monsters. Laraine 😊

Joanne, Pastoral Manager/ELSA Primary School, Stockport, Cheshire

I work one to one and in groups with an increasing number of high needs pupils on a daily basis. We have a dedicated pastoral space for pupils. Thank you so much. They are lovely and the children will enjoy them – here's a picture of a pupil with them:



Lisa, trainee Play Therapist, Kent

Thank you so much. I truly appreciate it with all my heart. It's a beautiful thing you and your team are doing and they will be shared and used by me with so many children

Amy, Education Mental Health Practitioner, Tyneside, offers 1:1 CBT based interventions for children/young people aged 5-18

I hope you are well. I just wanted to share that I received the worry monster parcel today and I am blown away. These monsters are so beautiful and will be so helpful to the young people, myself and my team whom I work with - thank you SO much, I am incredibly grateful to the knitters

Tiwone, Play Therapist, London

Thank you so much for the wonderful "Toothy" worry monster! It has been added to a group of puppets in a bereavement centre used by children to symbolically and often non-verbally express themselves. The open mouth I am sure will be used to eat, hide and squirrel away many objects, feelings and ideas in the future. Again, I want to thank you for the time and effort put into making "Toothy" Rosie

Sara, Play Therapist, Kent

I received my box of amazing puppets and worry monsters last week. I cannot express how grateful I am, you can feel the love that been poured into them by your wonderful knitters and sewers. I would like to make a donation to Knit for Nowt as a gesture of thanks.

Emma, Therapeutic Play Practitioner, Coventry

I have received by box of puppets and worry monsters. I was amazed at how many I have received and how fantastic they are. The makers have clearly put so much time and effort into making these, I am truly grateful. I have a few months to go until I have completed the certificate in therapeutic play. In October I will be starting the diploma in Play Therapy so once I start my placement I will be introducing the puppets to the children. They will really help the children over the many years I plan to work as a Play Therapist. Thanks again for the wonderful work you all do, I really appreciate the puppets and they will be a massive help to the children who need them.

Katie, Pupil and Family Support Officer, Shropshire

Just wanted to let you know that my puppets have arrived safely this afternoon. I am honestly quite overwhelmed at how many I have received, and the thought that has clearly gone into designs to support the children I work with. Please thank all involved for their time and skill in creating these fabulous resources. I can't WAIT to use them!

Helen, Infant school, Teaching Assistant – 1:1 non-verbal and group work with SEN (Special Educational Needs) children, Norfolk

Oh my goodness, thankyou, thankyou, I was not expecting so many and the size. They're wonderful - thankyou from bottom of my heart, I know how much pleasure my students will get from them all





THE OCTOPUS WORRY EATER

is one of our most popular items, and we would love to receive more of these. The crochet ones are needed more than the knitted ones because they are more stable, and the head doesn't flop over! If you are a crocheter please consider making us an octopus, it's such fun to make and so important in therapy – look at the lovely colours that Rachel has used in hers (below)











PUPPET GALLERY



THE “BEAR” NECESSITIES









AND NOT FORGETTING!



FAB FROGS







ROBOTS









SHOUTY AND POUTY

We could do with more of these please



DISABILITY



Items in the Galleries are picked at random and if your item doesn't appear it's never deliberate. If you would like one of your items to be put into a future Gallery please let Clare know.

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









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

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

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

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

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

PHOENIX:
https://www.fabianstrimmings.co.uk/products/Haberdashery/interfacing/wadding/phoenix-toy-filling-15-x-250-gram.html

DERBY BRAID:
https://www.derbybraid.co.uk/detail.asp?stockid=TOYSTUFFING100G&ref=cats%2Easp%3Fqfcode%3D%26catid%3DTOYSTUFFING%26manuid%3D%26keywords%3D%26minprice%3D%26maxprice%3D

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

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

BS5852 (fire safety) BS1425 (cleanliness), and/or EN71 or BS 5665

SUMMARY OF ITEMS

1 **Worry monsters** – “Zippy” with detachable pants for the NSPCC “Pants Programme. Or “Toothy”, or “Hattie”, or “Curly”, a crocheted monster

2 **Animal Worry Eaters or Robot worry eaters** – large stuffed items with a mouth pocket for worry papers

3 **Sewn Mojo monsters** – have multiple flaps with different facial expressions: happy, sad, worried, shocked/scared, angry

4 **“Body Image” worry monsters**, identical in height and colours, but one is fatter, one thinner, for work with children experiencing body image worries

5 **Disability monsters** represent disability in general, usually with one limb missing

6 **Abuse monsters** – have bruised eye and bruises

8 **Hand puppet families with happy/sad sides** – Mum, Dad, Gran, Grandad, boy, girl. With faces in cream or pale pink yarn, or any shade of brown, but not black . These are made to fit an adult hand, including the boy and girl.

9 **Hand puppet families as above, but specifically Muslim or Asian**

10 **Bully hand puppet and Internet groomer hand puppet**, these puppets have different facial expressions on the front and back

11 **Pairs of identical hand puppets** for Play Therapy work – these could be “people” or animals

12 **“Professionals” sets of hand puppets**: doctor, nurse, police, social worker, teacher, judge in robes, professional in a suit.

13 **“Emotiknit Colour Puppets”:** a set of 8 or 9 hand puppets in different colours representing different emotions

14 **Animal or children’s character hand puppets**

15 **Transgender hand puppets** (one side male, one side female)

16 **Finger puppets**

17 **Pregnant monster and pregnant hand puppet**

18 **“Shouty and Pouty” hand puppets** for work with anger management



USUAL REMINDERS – useful for those who are new to KfN

- **Sara, owner of Black Sheep Wools yarn shop www.blacksheepwools.com is offering all Knit-for-Nowt makers a 10% discount. If you haven't been sent it, please apply to Clare for the discount code. Then you can order, quoting the code, either on the phone, online, or in person, and you will get 10% off your purchases. The code for 2026 will be the same as before but just put 2026 instead of 2025 at the end.**

- **All technical knitting and/or knitting pattern questions are best directed towards Val please on knitfornowtnewmakers@gmail.com**

- **If you'd like to join our hidden, private Facebook group – please contact Val on knitfornowtnewmakers@gmail.com It's a very friendly group where you can ask questions of other makers, post pictures of your work if you wish, or just stay silent and get inspiration from other people's ideas. It is hidden from public view.**

- **For a list of all organisations helped so far by KfN, sorted by regions, go to the website page https://www.knitfornowt.org/quotes-from-recipients**

- **The running total of how many therapists are left on the waiting list is updated regularly on the website page "Waiting List Info". Scroll down to the bottom of the page. If it doesn't move much it means you aren't knitting/sewing fast enough!!**

- **You can read previous Newsletters on the website: go to https://www.knitfornowt.org/about1**

- **And a reminder regarding the note inside your parcel. Please include:**

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



With the world in such turmoil now, it's good to know that we can at least inject a bit of positivity into it. Together we can make such a difference to so many children's lives. I read this quotation somewhere: ***"With leaves turning golden, nights drawing in and fires being lit, autumn is the perfect time to settle down in a comfy chair with some knitting/crochet/sewing for company".*** I totally agree!

The charity couldn't run without you, thank you so much for your kindness. There are still many therapists who were disappointed because they couldn't get onto the waiting list last time it opened. They are watching to see when they can apply!

Can we can get this waiting list completed by Christmas?

With your help we'll try!



Clare Allan Knit-for-Nowt September 2026 www.knitfornowt.org

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