



WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER DECEMBER 2023



What a wonderful group of people you are! You have continued to amaze and astonish all the many therapists who have benefitted from your kindness. You have helped children all over the UK, and you just keep on producing items of the very highest quality. On behalf of all those who have received worry monsters, animals and/or puppets from you we send a huge THANK YOU!

We hope that this Newsletter will give you a lot of inspiration and ideas, and that you'll enjoy reading all the fabulous feedback that we have received during the last three months.

Our waiting list remains very high, but we are getting there. Please continue to help us!



*“Children are the world’s
most valuable resource
and its best hope for the
future.” John F Kennedy*





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LATEST NEWS FROM KNIT-FOR-NOWT

STATS: Number of requests fulfilled since last November.....640
 Number of therapists still on the waiting list.....1,151
 Estimated time until the list can open again.....2 years

A few quick reminders from Clare

Please:

- could all makers (even if you've told me before) on your next donation remind me of the type of stuffing you're currently using. I'm trying to bring my records up to date for the insurers. If it's not one on the "Recommended Stuffings" document then we'll need the link or more details. We prefer you to stick to one of the stuffings on that document (at the end of this Newsletter)
- add a small black dot in the centre of all eyes on monsters, animals and robots to represent the pupil, it brings the face to life and is requested by therapists working with autistic children in particular
- puppet makers, could you do the mouths in three strands of embroidery thread rather than yarn? Again, it brings them to life better and is important in therapy
- see pages 13-14 for a note about eyebrows on monsters and puppets
- ensure that you have done the safety checks outlined on page 30 before you package up your item. These will be done again when your item arrives with me, but two heads are better than one!
- always include a note inside the parcel with your full name (first and second names please) and email address, this helps me find you on the database. Anonymous items are not allowed by safety rules to be donated, so if you realise you've forgotten (or you haven't heard back from me or Val) please get in touch
- be aware of the full range of patterns that we offer. Many makers often enquire which items are most needed at any one time. Unless I've mentioned a specific type, we need all of the range all of the time, as each type of item has to be regularly stocked up. Please make what you enjoy. See the full list on page 32

A MONSTER'S STORY

How is a monster born? And how does it reach a therapist?

Here we outline the stages of a monster's life in pictures!

Ooh, yarn!

Casting on

Halfway there



Val hands Zippy to Clare over a cuppa!



He goes into the records and the therapist is chosen

Pants on!



Photographed, safety checked, labelled,
packed into plastic and he's popped
into the box

Neil the postman collects the box



Therapist Sue receiving him at a Primary Academy, Hull – and a final playmate!



RESULTS OF THE KNIT-FOR-NOWT LUCKY DIP COMPETITION 2023



Your response to our autumn competition has been astounding!
The number of worry monsters entered into the Lucky Draw was

328



Kathryn Jackson, a therapist who divides her time between three schools in East Yorkshire, is pictured here picking the winners, with organiser Clare.



WINNERS

And here are the winners, picked at random. They each win a £20.00 voucher to spend at the shop www.blacksheepwools.com

We'd like to thank the owner of Black Sheep Wools, Sarah, for very kindly donating three of the vouchers to us. Winners can spend the vouchers either online or by phone and we hope they'll enjoy buying more yarn for making KfN items!!



Brenda Ray, 223, one of these pairs



Jan Ryan, 103, one of these

Kathryn Williams, 293, one of these

Rosemary Dunnill, 203



Christine Walker, 75, one of these

Diane Aylett, 56, one pair



Ann Warren, 91

Sandra Waite, 16

Suzi Joberns, 52

Jane Ackerley, 295

The winners of the Lucky Dip competition have now been informed, and we're sorry if you didn't win this time. But pictures of all items entered are now split onto three new Galleries on the website, (they've been split so that the pages take less time to load). See if you can spot your items amongst the others. What a fantastic display they make! Thank you to all of you who entered into the spirit of it!

DISABILITY MONSTERS

Could we please have a few more of this type of monster (below) with its detachable limbs? They can be used either as complete monsters or with any (or all) of the limbs removed, so it makes them twice as useful for the therapists. The pattern is on the website.

Our disability monsters are meant to represent disability in general and are only specific when requested. They are also used in inclusivity education to teach the children that we are all equal.



EMOTICOLOUR PUPPET SETS

Please could knitters consider making us some more of the **complete sets** of these. They are proving to be one of our most popular items, the therapists absolutely love them. Many therapists already use the “Colour Monster” book by Anna Llenas, and they find that our puppets go even further, as Val has added some emotions which aren’t in the book. These do take quite a bit of sewing up, so if you’re not keen on that part of the process (!) **Val has offered to sew them up for you. Her kind offer is limited and runs until the end of January. Until then you can send them unsewn up to her or Clare. Please ensure that you leave long tails at cast on and cast off, so the sewing up will match.**



Mixed emotions



Happy



Sad



Angry



Calm



Scared



Worried



Love or tenderness



ADHD or overexcited

TIPS FOR KNITTERS

HAIR: crochet hair on monsters looks amazing, but if you can't crochet try casting on your knitting, then on the first row knit into the front and the back of each stitch (increase), then on the next row cast straight off again – it twists naturally and could be used for hair.

CHUNKY YARN: whilst not very suitable for an entire monster because it tends to knit up rather loosely (which can show the stuffing through), you can use up odds and ends of chunky yarn in between normal stocking stitch. If you knit about 4 rows of garter stitch in chunky between your DK stocking stitch it makes a ridge and looks rather good!

CALLING ALL ZIPPY MAKERS!

If you don't already, please could you dress your Zippy monster in a pair of detachable pants for the NSPCC "Pants Programme"? (See the NSPCC website for details). The pants pattern is on the website. We have some wonderful pants knitters who keep a supply coming, but it would help if Zippy makers could add to those by sometimes making their own. It's totally optional, but is helpful. It has the added advantage that you can colour coordinate them better to go with the colours you've used on your monster. The shape of Toothy, our other design, doesn't lend itself so readily to pants, so please make them for Zippies.



NEW PATTERNS

Helen and Rachel have come up with another fantastic design for a worry monster for KfN. Initially Helen made up a monster out of her own head, and with great creativity she thought of many different features that would make it appealing to a child. She was very happy to hear that Rachel had volunteered to make a brand new pattern from the ideas.

This crochet pattern can be worked in several different colour combinations which are specified in the pattern, so they don't have to be in these colours, there's a choice. However we feel it's better if this monster isn't stripy.

The crochet pattern is now on the website. Val will work on a knitted version of this!



3 of the new monsters in different colour combos plus a hybrid using leftover/rejected bits and bobs !!

A NEW SEWING PATTERN FOR HAPPY/SAD FAMILY SETS by Sarah Williamson is now on the website. It features unstuffed heads but with a layer of wadding instead.



TOOTHY EDIT

The Toothy the Worry Monster knitting pattern is in the process of being edited by its maker Vanessa with help from Val. The new version will be available soon on the website. There's nothing too different from the original, but it's an improved version and perhaps clearer to follow. If you're happy using the original pattern and want to stay with that one that will be fine.



EYEBROWS!

Recently we've noticed that adding eyebrows to your monster really gives it character! And the effect of adding eyebrows to the hand puppets is also very helpful for defining the happy and sad sides. We already use them on all our sewn Mojo monsters because the way they tilt gives vital definition to the different facial expressions. **So we'd like to make a request to all knitters and crocheters to add eyebrows to your monster if you feel there is room for them! (If not, don't worry!) A happy monster will have the eyebrows just curved slightly, and they can be as thick or thin as you choose:**



The eyebrows in a straight line gives a more neutral expression, although still happy!



Angry eyebrows on a monster would slope downwards as in the picture below:



PUPPETS WITH EYEBROWS

The happy and sad expressions on our puppets' faces is very important in therapy.

Please add these types of eyebrows to indicate happy and sad. You'll find that embroidery thread split into just three strands will work best, and is easier if you're using Val's suggestion of backing the face first in Vilene (Vlieseline) as per pattern. It only takes a few stitches but it makes a big difference and helps especially with the sad side.

- Notice the way the eyebrows slope on the sad face
- Please don't make the mouth out of your knitting yarn, please use embroidery thread in split into three strands too.



CHARACTER HAND PUPPETS

Some therapists have asked us for fairy tale hand puppet characters. We don't have specific patterns for those but if you fancied having a go at making some it would be very helpful. Maureen makes them up herself, often with no pattern, but if you do find a pattern for any of the fairy tales that children might come across it's fine to make items from it for us, we just aren't allowed to feature those patterns on the website.

Goldilocks and the Three Bears



Little Red Riding Hood



Snow White and the Seven Dwarves



The Three Little Pigs and Wolf



Harry Potters!





KNITTERS' QUOTES

- I continue to love crocheting for KfN. The combination of fun and colour and creativity and meaningful purpose it brings into my life is a huge blessing. I am so very glad to be able to do something to help make a difference. To be honest, being a Knit-for-Nowter is a lifeline for me and I am immensely grateful to be part of your team.
- So pleased the little guys are going to be put to work very soon. I am still enjoying making things for you. It is so nice to feel that I am contributing, albeit in a small way, to something so worthwhile.
- Such a huge amount to do yet. So sad so many children need these but every little helps and we'll eventually get there 🙌 🙌 🙌
- I love seeing other makers' KfN creations, as there are some talented makers who give me inspiration for colourways etc.
- Of course I am happy to continue making for your brilliant charity, the work you do is truly amazing. I suffer from mental health issues & crafts have always been my therapy; in addition, knowing that the things I make are helping in some way can be very healing.
- How lovely there are so many of us with red hot knitting needles 😊
- I'm glad the monsters arrived safely and are all smiling in anticipation of their new life, out there in the big wide world doing good work with all the inspirational therapists they are going to help. It is a real pleasure to do my small bit for the KFN endeavour.



MOJO MAKERS

Thank you to all our inspirational Mojo makers who sew them so beautifully. The faces that everyone is making are now excellent. Just a reminder of the ideal expressions, although these of course can vary a bit.

Please always remember to add eyebrows - the angle of the eyebrows makes a huge difference to the expressions. Notice the angle of the eyebrows on the sad one.



If you want to enhance your Mojo monster please add longer legs and arms (maximum length 23cm) and stuff them lightly.



What is a play therapist?

You'll have noticed that your items are often donated to Play Therapists. Here's a description of their background and training.

A 3-4 year degree in a related subject is needed first, then post-graduate training can vary between 2 and 4 years depending on previous experience and qualifications.

A play therapist is a highly trained healthcare professional who specialises in helping people identify and work through their emotional challenges through the use of play. While play therapists primarily work with children who cannot verbally communicate, play therapy also has some applications with teenagers or adults who have experienced trauma and cannot verbalise their emotions or challenges. Common issues can include bereavement, relationship challenges, family problems, illness or mental health challenges.

Steps for how to become a play therapist include:

1. Earn a degree

The first step to becoming a play therapist is earning a qualification in psychology, occupational therapy or social work. This is necessary for developing the right skills and knowledge in therapy that can apply to a full-time role. The majority of these courses range between three and four years and are a requisite for entering a postgraduate play therapy course.

2. Build work experience

Many organisations and employers expect applicants to have several years of experience working with children in a developmental capacity.

3. Earn a postgraduate qualification

The two main organisations are the [British Association of Play Therapists \(BAPT\)](#) and [Play Therapy UK \(PTUK\)](#). Both of these bodies are able to qualify a student as a play therapist once they've completed the required course, which adds them to a register of therapists accredited by the [Professional Standards Authority](#).

The courses these organisations offer include supervision from play therapists who can support the students' development and answer queries during individual modules. As this is a niche route for qualification, it's a competitive field that has strict policies around suitability and training.

4. Maintain professional development

Both previously mentioned major organisations require students to update their training and they hold a number of workshops, events and seminars throughout the year to help ensure each therapist understands the latest concepts and developments. Play therapists also undergo regular supervision exercises to help guarantee a certain standard of quality.

These events and seminars are often where they hear about Knit-for-Nowt!

FEEDBACK FROM THE RECIPIENTS OF YOUR ITEMS

Shauna – Play Therapist, West Yorkshire - * “A” is a young boy.

On arrival of the Knit-for-Nowt package, I wasn't sure what would be inside. I tentatively opened the box and the sound of the peeling of the tape back had “A”* running in. We delved into the box and to my amazement found so many wonderful and fabulous puppets. “A” grabbed a bag and we opened it up – a worry monster with a zip! I instantly thought of the child I am working with currently who has ‘lost their voice’ and we are working together to find it.

It's like Christmas!! I see a policeman, a child flashes through my mind: taken from home in the middle of the night by police, covered in cuts and bruises. I now have a way of facilitating these conversations, to revisit these memories.

I do a double take when I see what's underneath, a family set from the Asian culture. My word, I support these families and as I take each one out of the packet, I can see the resemblance of many of the parents, children and their families. Having access to these puppets in a disadvantaged community, and with resources that look like them! They are really, really hard to find.

A flash of yellow and blue – no, it can't be! Colour Monsters!! I use the book all the time. The reception group I start with after half term will have a new and interactive way of accessing and exploring the book...I wonder if we could create a puppet show. From mess and chaos to narrative and integration.

From the bottom of my heart thank you so much for these amazing and wonderful puppets. The therapeutic work that will come from these will support all of the children I see for play therapy.





Jo – ELSA and Pastoral Care worker, Primary School, Dorset

Worry Monsters arrived today!! I'm so excited to receive these. Can honestly say they've taken my breath away. They are incredible and I'm so grateful...thanks so much to your knitters

Jane – ELSA, Primary School, Lancashire

I have received my box of goods today. I am absolutely blown away with what I have received. Please pass on my thanks and appreciation to your members who work so hard to produce them. I am sure they will make a massive difference to the children I work with. Thank you once again.

Tina – Counsellor for rape and sexual abuse, Shropshire

I want to say a massive thank you and how very grateful I am to you and your knitters for the amazing box of puppets/worry monsters and to all the people who've gone to the trouble of making them..I know that they will be very valuable in my work, and I will be using them today with a client. Thank you again, the puppets, you and your knitters are all absolutely fantastic. I feel very privileged to have received them! I really was overwhelmed by the talent and kindness that you and your team show.

Nicola – Special Educational Mental Health Practitioner, a range of Primary Schools, Sheffield, Yorkshire

I received the box of goodies and was honestly overwhelmed by the amazing things inside. I really wasn't expecting that many and they are absolutely beautiful. I work with a team of mental health workers who go into schools in the Rotherham area. We will all find these resources so very useful, and so can't thank you enough. Please pass on my thanks to your amazing team. I think you're all fabulous.

Ellie – ELSA, Primary School, Wilts

They have just arrived and I am absolutely blown away by them. Thank you so much, these will be treasured and unbelievably helpful in the work that I do every day. What an incredible thing to do.

Sarah – SENDco* Mental Health lead - Primary School, Devon

*SENDco means a Special Educational Needs coordinator

Thank you so much for the Worry Monsters, they are absolutely fantastic. I am a SENCO working in a Primary School and my main focus is on our adopted and fostered children. I have two children (new to my case load) who are currently displaying very high anxiety and I will be introducing them to one of the Worry Monsters each, who will accompany them when they are having an Anxiety Session with me. I can assure you they will be really well used. I was very pleased to receive the one with removable pants too, as the Pants Rule is something we discuss often to keep children safe. The care and time that has gone into each of the monsters is wonderful and you can feel the love when you hold each one. I loved receiving these Monsters with the notes on about who made them. It is an incredibly special honour to receive them and I can't wait for the look on the children's faces.



Sarah with monsters

Nicola – ELSA, Primary School, Flintshire

I just want to say a huge THANK YOU for the worry monsters that arrived this week! They are absolutely beautiful & we all love them to bits so much already! Keep up the good work, you're all doing such a fabulous job! Thanks again! x

Deborah – Child and Adolescent Therapist, Surrey

Just to let you know, the items have safely arrived and I am quite blown away by them! They have been created with such thought and care, and I'm incredibly grateful for them. They are already in the therapy room in use. Please do pass my gratitude onto the team, you are doing wonderful

work 🙏

Liz – Learning Mentor, Infant School, Rotherham

We are now back in school and we are already making full use of your amazing puppets. So far, we have used them to support some children who have selective mutism and also ones that are new to this country and have seen trauma in their homeland. The children love them and have had fun giving them all names!

They will also be used to support children who are subject to child protection and sadly have experienced quite a lot of trauma in their short lives. The puppet with a disability will be great to help support a child in school who has a prosthetic leg. We also have a few children with anxieties and they will be used to support them.



ELSA, Nic (on the left) and Learning Mentor Liz on the right.



Children at Liz's school using the items

Rachel – Special Needs School, deprived area, Derbyshire

Clare! What can I say!?!? The box arrived and the puppets are absolutely awesome. The quality and range are incredible. I've popped them in our Thrive room so the practitioners can start using them straight away. Thank you to all the knitters involved; what a skilled and generous team you

are 😊

Sarah – Play Therapist, Lancashire

Wow I had a delivery today with the worry monsters and puppets. I am overwhelmed with how lovely they are. I don't know who will be more excited to use them, me or the children.

Tracey – teacher, Infant and Nursery School, Berkshire

Just to let you know that we launched the worry monsters into our classes on Tuesday & the children loved them. They have already enabled a child to express his worry about mum having cancer (terminal), so I know they will be an amazing support.

Letter from Year 2 class at Tracie's school, Berkshire

We are writing to you to say a big thank you for sending us a worry monster. We have a worry monster called Mojo. There are lots of things we like about Mojo but our favourite things are that he has lots of different faces and colours. Thank you so much for making Mojo, it was a very kind thing to do and we love him! There are lots of children in our class who like him because he can

help us with our emotions. 😊

Irene – teacher at Tracie's school, Berkshire

On behalf of my class I would like to say a massive thank you for the amazing worry monster 'Toffee the Teddy and Small Friend'.

Below is a picture of the first child to use it. This little person is going through an incredibly difficult time in his life and he disclosed something that was weighing heavily on his heart.

We actively use Toffee in our PSHE lesson and he has a lovely space in the class in our feelings corner. Thanks again for the time you took in creating him - he will be well used and loved.



Maria – ELSA, Primary School, South Wales

My gosh, I've just received the puppets and worry monsters! I am a blubbing mess! Totally spoilt for choice! Thank you from the bottom of my heart, you have no idea how this will help my wonderful children who are going through so much!

Child A and Child B are recently bereaved. They tragically and suddenly suffered the loss of their younger sibling.

Child A, "Wow Miss, I can't believe they've picked us to have all these special teddies and puppets, we are so lucky."

Child B, "I want the monster to take my worry away when I'm stuck in my bad dreams."

These incredible worry monsters have allowed the children get some much needed weight to be lifted off their shoulders. It was such a heart warming feeling watching them unbox them during our session today. I cannot thank you all enough for all the hard work you have done for not just me but hundreds and hundreds of other practitioners across the UK and the vulnerable people who are benefitting from your wonderful cause. Thank you.



Maria's monster and ape in action

Laura – Learning Mentor and ELSA, Primary School, Cheshire

Just wanted to let you know that my parcel has arrived already! I am absolutely blown away by everything I have received, they are amazing! I nearly cried when I opened it. I cannot wait to get them into work tomorrow, the children are going to love them!! So much care and thought has gone into them. Thank you so much to you and all of your team

Anke – SEMH teacher, Solihull

Goodness – my box of puppets has just arrived and I am overwhelmed and blown away. I just wanted to say thank you to you and your knitters so so much. The children will love being able to discuss their emotions supported by these wonderful puppets and soft toys. Thank you.

Tess – Charity for families affected by substance misuse, Sussex

Thank you so much for sending the puppets which arrived yesterday. They are all such amazing pieces and I'm so deeply touched by the love, care and dedication that the team of knitters have put into each puppet. Can't wait to get them in to the therapy room where they will be used by children who need help finding a voice for their hurt. Please extend a huge thanks to the genius and amazingly gifted and kind knitters.

Nikita – Roundabout dramatherapy – Surrey

This Mr Worry Monkey has arrived at our Primary School. He's just 2 weeks old but has made such positive contributions already. Holding kids' worries, munching on worried fingers and giving hugs. He has been supporting young children aged 6-8 years old, especially at the start of their dramatherapy sessions when checking in and exploring feelings. Big thank you to Knit for Nowt and Val H in East Yorkshire for knitting Minty. Thank you again for all the amazing worry monsters and puppets, they are an invaluable resource for our team of dramatherapists and are helping children in the many schools where we work.

**Jennifer – ELSA, Primary School, Surrey**

I just wanted to say, thanks so much for my worry monsters. They are AMAZING! Please, please pass on my sincere thanks to all of your ladies. They are helping so many children.

Susan - ELSA and Wellbeing Lead, Primary School, East Yorkshire

Just got back from a few days away and a large box was waiting for me! I'm totally blown away by your generosity and the quality and quantity of the puppets and monsters that your wonderful knitters have created. I mean, the dinosaur, the cat, just all of them, I'm beyond excited to share them with the children. As well as being ELSA and Wellbeing lead I also teach EYFS (Early Years Foundation Stage) so I can guarantee they will all be well used for many years to come. Can't thank you all enough.



Michelle – Nurture Support and Wellbeing Lead, Academy, West Midlands

I have just received the box of worry monsters that you sent. I've literally just opened them, and I had to get in touch with you straight away to send you and the team enormous thanks! The monsters are absolutely stunning, and I am completely overwhelmed by them and grateful that we have been fortunate to have been given them to use in our school.

The children are going to love them as much as I already do. I can't wait to introduce them to the children and to begin to use them in our vital nurture provision. I am completely blown away by the generosity and sheer creative talent that your team has. Thank you once again, a sincerely grateful nurture leader and long serving TA.

Jackie – Specialist support teacher working within Primary Schools in South Lanarkshire

I have just received my box of treasures and it really does feel like Christmas! I am in awe of the craftsmanship, care and hours that have been spent on each item x. Thank you to you and your team! Rest assured they will be well cared for and will help a lot of young people in Scotland.

Heather – Counsellor/Play Therapist currently working in an underprivileged area of Newcastle

Please find attached a number of photos of the fabulous items you sent me. These children are part of a peer wellbeing group, the lads find it difficult to build and maintain friendships due to their anger and aggressive outbursts. We have been working on how to manage our emotions when relationships break down. We have named the toys and use them in our sessions to draw/write what we have found difficult this week and then share them with our friends.

The excitement of receiving something new is evident in their faces but the intervention of these characters has been much more than that. They have worked alongside my sessions of 'what we can and can't control' and also alongside a number of age appropriate stories relating to having different families and who are adults we can trust.

Your kindness has been overwhelming in the best possible way, thank you all so much.



Hatty - Play Therapist, Devon

I am over the moon!! Thank you so much!!! They have just arrived! Thank you for such an amazing gift, that will go so far towards helping children in need x



Harriot – Special School, Cumbria

I work in a special needs school for pupils with autism, adhd, Down syndrome and PLMD* students. The pupils struggle to express their needs and wants and how they feel. These items will allow us to help the children understand and learn more about communication and their feelings, as they bring learning to life

**The official definition of children with PMLD is: "Pupils with profound and multiple learning difficulties having complex learning needs. In addition to very severe learning difficulties, pupils have other significant difficulties, such as physical disabilities, sensory impairment or a severe medical condition.*

Rachel – teacher, Special Needs School, Derbyshire

I just wanted to thank you again for the huge puppet donation. The response from pupils has been phenomenal, they absolutely love them! My Thrive Practitioners have told me they have been invaluable during intervention sessions, they are fantastic in getting pupils to express themselves better.

Cath - Head Teacher, Primary School, Cheshire

I am writing on behalf of our Primary School to extend our heartfelt gratitude to all the dedicated and compassionate volunteers of Knit-for-Nowt. The time and effort you have devoted to knitting the wonderful worry dolls for the children of our school is truly remarkable. Furthermore, we deeply appreciate your commitment to the emotional wellbeing of our pupils. The knitted worry dolls will undoubtedly have significant impact on our children, offering them comfort and a sense of security during challenging times. The knitted worry dolls are a beautiful creation, a testament to your talent and care. We are very grateful for the love and time that has gone into making these unique dolls. Your kindness is a source of inspiration, and we are honoured to be recipients of your goodwill. Thank you for making a difference in the lives of our pupils and for fostering their emotional wellbeing.

Sarah - Therapy Services - Lancashire

I am overwhelmed with the kindness of the volunteers from Knit-for-Nowt for making these wonderful worry monsters, puppets and more to help the children we work with. They have only been here for a couple of days and the children love them, as do I and the team.

A special thank you goes out to the knitters listed:

Worry cat and friend by Katie P in Surrey

Monster with a disability by Brenda A in Herts.

Robot by Pauline M in Wales

Mojo, a multi expression worry Monster by Anne K in Notts

Zippy by Dawn F in Wiltshire

Monster with Bruises by Carol W in Coventry

Profession hand puppets by Janet R in Cheshire

Puppet family by June R in York

There are also little finger puppets which aren't in the photo



A reminder that there is a complete list of all recipients of our items on the “Quotes from Recipients” page of the website on the following link:

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

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!

- 1 Have I used an approved stuffing? Check the recommended stuffings document on the next page, or contact Clare
- 2 Have I left any pins in? It's best to use the larger headed pins but even these can become lost in the knitting
- 3 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



- 4 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
- 5 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!
- 6 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).
- 7 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?

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, (@ December 23), 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.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

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”, or our crochet monster patterns. 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.
- 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 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**



DATES FOR YOUR DIARY

Preferred posting dates for your parcels over the Christmas break please:

Please do continue to post items until this last posting date: Wednesday 20th December

First posting date for 2024: Tuesday January 2nd

**Huge thanks to you all, and Knit-for-Nowt wishes you a happy and peaceful Christmas.
Looking forward to reducing our waiting list even further in the New Year.**



Clare Allan Knit-for-Nowt December 2023

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