



WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER March 2023



You are such a fantastic, kind and generous group of folk and your contributions during the past three months have been absolutely amazing. Read the feedback from therapists starting on page 22 which shows how grateful they are for your fantastic work.

Much as we'd love to feel that we'd got to the bottom of the waiting list it seems that it will never happen because sadly the need out there is so great. We now leave the list open to all who wish to apply, but this has resulted in the average wait at present being over 18months.





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LATEST NEWS

THE GOOD NEWS

Since November when the waiting list opened we have sent out **211 boxes of items**

With an average of 5 monsters to each box that makes approx. **1,055 worry eaters**

Every single item that you've made has helped an individual child or multiple children.

Of course our monsters aren't the complete answer to very complex problems, but if a worry monster or animal is the only "person" that a young child will talk to, then that's the vital initial way to start the process of getting help to them.

APPEAL

TO HELP MORE CHILDREN WE NEED YOUR ITEMS PLEASE! IF YOU HAVEN'T DONATED FOR A WHILE WOULD YOU CONSIDER DOING SO NOW? Have fun knitting, crocheting or sewing one of our fantastic patterns and you'll be making a child's world a much happier place! We currently have **1336 therapists waiting**.

THE BAD NEWS

There are so many worried children who need a comforting worry monster or animal worry eater, and so many therapists needing the help that puppet sets bring them in their work. The range of problems that children are facing is wide, from serious abuse, including sexual abuse, neglect, domestic violence, bereavement or terminal illness, suicide in the family, to learning disability, autism and bullying. Our items can't be bought anywhere, (even if the workers had the budget to do so, which they don't!) Most of the types of items we supply simply aren't available anywhere else.

Back in November we had over 1200 requests, many of which outlined quite distressing circumstances that many, many children find themselves in. These requests continue to pour in. Therapists seem to be desperate to get resources that will encourage children to tell them what the problem is, and our items are pure magic for that.

Daily Telegraph article 12.2.23

"Half of children who have alcoholic parents keep it secret, according to new research. Analysis of helpline data from the National Association for Children of Alcoholics (Nacoo) shows that 46% of children of alcohol-dependent parents have not disclosed their problems to anyone outside the family. A quarter have talked to no-one, not even their closest family members.

The new survey comes in the wake of statistics that showed that lockdown sparked a surge in problem drinking. The charity estimates that 2.6 million children in the UK are affected by parental heavy drinking. Calls to the Nacoo helpline have quadrupled during the pandemic."

A note from organiser Clare

Hi everyone, you are doing a fantastic job of supplying your items to KfN and I'm really grateful – well I couldn't run this without you!!

Amount of items coming in

In particular I am immensely grateful to those knitters who supply us regularly. Those “regulars” have continued to be so kind and many of you have kept on donating time after time, which is amazing! But just lately donations from others seem to have dropped off somewhat so that the rate at which I can send them out has slowed down, so please keep 'em coming!

What's in our despatch boxes?

Our boxes will usually contain 5 or 6 monsters/animals and also 2 sets of hand puppets if requested (family set, professionals set).

In each box going out I try to enclose:

- A toothy, Zippy with pants or sewn monster
- One for disability
- One for abuse
- A sewn Mojo
- Normally one animal worry eater, (or sometimes two if there's space)
- And then I add others such as the body image ones and other puppet types if needed.

What items are needed at any one time?

We need all the different sorts of items all the time. But please don't sacrifice quality for speed, as it's the high standards of our items that the therapists love. And please always knit what you enjoy, as that way you'll keep going! As a reminder, and for those who haven't found it on the website, I include again on page 21 a summary of all the items KfN supplies.

Please include either your surname, or your email address

Could I once again remind everyone that I have a memory like a sieve for surnames, and although I may recognise your work (if you've donated a few times) I have trouble finding you on the database if I haven't got your surname, or your email address, because there may be other knitters or therapists with your Christian name. Your home address is less useful for reference because the computer doesn't pick up on that. **So please remember to include a note inside your parcel/box with either your full name, or your email address (or both).** Putting them on the outside of the box can be a bit dodgy as that can become obscured. I am not allowed to donate any anonymous items, so without your name I can't send them out I'm afraid, and anyway I like to be able to thank you for all your hard work and generosity!



QUOTES FROM KNITTERS

After a family bereavement: “participating in Knit-for-Nowt has been part of my healing journey and I’ve been able to focus my mind and do something positive.”

After challenging family circumstances: “being able to knit again has actually been therapeutic for me.”

Knitter who is housebound by health issues: “it blesses me so much to know that, from my very small world I can do something that is making a difference to children around the country thanks to KfN. During the past year KfN has enabled me to feel part of something significant at a time when it seemed impossible... what an incredible blessing KfN is to this “Yarnivore”.

Regular KfN knitter: “when I think of all the children who are suffering today it saddens me. There seem to be so many more with all that is going on in the world today. It is nice to be able to help a little bit, knowing that they are being used for children who are suffering. Hopefully they will help with all their troubles. I will continue as long as I am able.”

A personal note from a knitter: “the many letters of thanks from the therapists that receive the Knit-for-Nowt resources are very moving and show how much all the puppets and monsters are appreciated, however as a ‘crafter’ who has contributed a few items I feel the need to express how the charity has helped me personally. My first worry monster was crocheted in the dark winter months of early 2021 when we were once again in ‘lockdown’! What a joy to create something bright and colourful, using up my ‘stash’, and something that would be of benefit to others! Myself and a few other friends were soon well and truly ‘hooked’ and what fun we had when we were allowed to meet up again and admire each others handiwork!

Then 2022 arrived and although society was opening up again I had my own challenges to meet, namely a five month course of chemotherapy. I encountered a stumbling block part way through in that my treatment was delayed by a week...what a disappointment and what to do in that week? Well the answer was to turn a negative into a positive and tackle making a pair of sewn Mojo monsters! They were a bit of a challenge and certainly ended up bright and cheerful! They have sat on my sofa pulling their various faces at me, making me smile, but it’s now time for them to find a new home and meet some children!

So I just want to say that on more than one occasion the Knit-for-Nowt charity has helped ME use my time productively AND take care of my wellbeing. Thank You!”

Brand new patterns since the last Newsletter

Anxiousaurus by Val is proving a bit hit – the pattern is now on the website



New patterns now on the website

Clementine and Christabel Crab worry eaters by Madeleine Sara

Please note: this pattern has recently been updated to make the crab a bit shorter, as the original crabs that Maddy made struggled to fit into our despatch boxes! The updated pattern is now on the website.



Ear defenders by Denise – remember not to make ears if using this pattern!



Monster with bruises by Mary has been adapted to include a bruise on the upper arm



Adjustment to our pattern for a judge in robes.

As you'll know, children don't normally see the judge in robes, so we ask for a "professional in a suit" to represent them as the child will see them. But some therapists have said how useful it is to have a judge puppet in robes so that they can more easily explain to a child the role of a judge in court. We have recently been made aware that the red robes are only used in the High Court, and that black robes would be much more appropriate, so please could you from now onwards make your judge in black robes. Please don't worry if you've just finished knitting one in red, we can still use it.

We have also increased the length of the puppet, adding more rows, which will make it fit better onto adult therapists' hands. The adapted pattern is on the website.

Judge in robes – please convert from red to black



COMING SOON

Maureen Harker's puppets for a new type of family set are being made into patterns by Val. This will be an option for those who enjoy creating detail, as there are lots of bits to sew up! They are fantastic! But our normal family sets will remain and you can choose to make either type. Keep an eye on the website for when the new ones appear there.



COMING SOON

“Emotiknits Colour Puppets”

There have been quite a few requests for monsters from the book, “The Colour Monster” by Anna Llenas. This book is used in many Primary Schools and is a very popular and effective way of helping young children recognise different emotions and learn to control them. The poor monster arrives at the beginning of the book feeling every emotion and completely confused by it all. So the monster's friend helps him identify and separate each emotion out.

Pattern maker Val is in the process of producing some brand new patterns of our own version of hand puppets in different colours to represent different emotions.

Here are the ones she’s made so far, and she’s currently knitting ones for the final two emotions: “tenderness/love” in pink and “shock/scared” in dark grey.

DUAL USE: You’ll have the option of knitting the whole set (7 puppets) or just any of them that you fancy because we can also give them out singly for use by Play Therapists.

Mixed emotions



Happiness



Sadness



Calm



Anger



And coming soon (now being knitted)

Tenderness and Fear



Won’t these be fun to knit! Keep an eye on the website, the pattern will appear soon.

CASE STUDY

Counsellor with “The Listening Ear” charity. Therapists from the charity go into the children’s schools providing counselling for young people who would ordinarily have no access to support.

“I just wanted to share my huge thanks and appreciation for the hand puppets and worry monsters I received from you. I was overwhelmed and overjoyed with the quality and quantity of what I received. Every one of the items I received was perfect and will make a huge difference to my work in schools with children and young people.

I held off sending in this message of thanks as I wanted to use them first and be able to share with your knitters some of the ways their wonderful items are being used. I had been sure the puppets and monsters would be a hit with younger clients and they have as I predicted been really helping them to express their feelings more easily.

What has surprised me is the interest teenagers have shown in them. One particular story I wanted to share is about a 14yr old client who has found counselling very difficult. We are half way through their sessions and despite my reassurance, games, drawing and worksheets she has been unable to tell me what is causing her to feel so low and anxious.

However in a recent session she noticed the puppets and worry monsters and picked the biggest one up, enquiring dismissively why I had teddies, (stating they were for little kids,

not counselling – and saying she wasn’t a child 😡)

I explained their purpose and about the lovely charity and knitters that worked so hard to make them and give them to therapists. She was so surprised that someone she didn’t know would care about someone like her and want to help people like her, that she got quite emotional. It’s emotion I’ve not seen from her before, she’s a tough cookie, used to having to be strong and rarely lets her guard down. She held the worry monster for the rest of the session unconsciously stroking its paw.

I now make a point of making them available for all ages and they are proving very popular. Thank you, and thank you to each and every one of your knitters. The time and effort you put into this amazing resource is hugely appreciated and benefits the counselling process in more ways than I can explain, be it a tool for exploration, a familiar friend to cuddle in the session, or so a young person knows despite what their facing someone out there cares.”



This poem is enclosed with every box of monsters!

THE WORRY MONSTER POEM

I am your Worry Monster
 I'm always here for you
 So when a worry pops in your head
 I'll tell you what to do....
 Just get a piece of paper
 Draw, or write it down
 Pop the paper in my mouth
 I'll take away that frown!
 I'll eat up all your worries
 And keep them safe in me
 Until you feel like talking
 As sharing is the key
 To get rid of your worries
 (Most won't like the light of day)
 Share them with the ones you trust
 And watch them fly away!



Gill – psychotherapist, Berkshire

Oh my goodness!! I'd totally forgotten these were on their way to me! After one of the hardest sessions I've ever had, I saw the postman at our door - he never calls here! I said to my colleague who answered the door » well that won't be for us! » Then she told me it was for me and who it was from and I was so excited! We have all just been looking at them and the names of the people who made them from literally all over the country! I nearly cried!

They all want some though I might share in the meantime ! 😊
 I can't say thank you enough! They are absolutely wonderful and so perfect, and the timing was incredible! Please pass on our thanks!

GALLERIES

NB. Zippy and Toothy have both told us that they are very put out at not being included in the Galleries this time, but we have told them that space did not allow, and assured them that their turn will come in the next Newsletter! They have accepted the decision graciously!

Likewise, if your item doesn't appear here it's never deliberate – just a question of space. Please let Clare know if you'd like to be in the next Newsletter Galleries.

THE PERFECT RABBIT

Bright colours, stripy jumper, excellent features, deep pocket, firmly stuffed and with little chum. Rabbit worry eaters are very popular with the children, so please make us some more! Thanks Doreen for this one.



GALLERY – “Rabbit, rabbit rabbit!!”



GALLERY "Monkey Business"



GALLERY Elephants

Our elephants don't have to be grey!



GALLERY Beautiful bodies!

Body Image monsters



GALLERY Hand puppets

This is a random selection – if your puppet doesn't appear here and you'd like it to be included next time, please let Clare know



SEWING CORNER- NB. Gallery of sewn items will appear in the next Newsletter

MOJO SEWN MONSTERS Kath's lovely pattern for the Mojos is at the moment being given a bit of a tweak as Kath has made some adjustments in it (available soon), **but for now please continue with the present pattern.** We prefer the eyes to have whites behind the black pupil, giving a more realistic face, particularly for autistic children. Kath's as seen on the pattern are done on a super duper machine which embroiders the shapes, but if you don't have one we have a suggestion of how the faces should look now if possible please. We know that Mojos take ages to make, but all that detail is so worth it, and your Mojo will be used time and time again.

Please also ensure that the arms are applied below the face, (so on the lower piece of material, just below the join), otherwise they tend to look a bit like ears!!

Whether you decide to use Bondaweb or felt:

For the eyes, draw around the top of a stick deodorant for the white part and around the inside of a small roll of sellotape for the black pupil. Cut them out, then cut out the mouths and eyebrows freehand, or you could embroider those bits (see picture on next page). Please ensure that all facial parts are secure. They may become detached over time, so please add stitches.

HAPPY



SAD



OR SAD WITH TEARS



SHOCKED/SCARED

Eyebrows raised



WORRIED

The eyes look sideways



ANGRY – note the eyebrows

overlap the eyes!





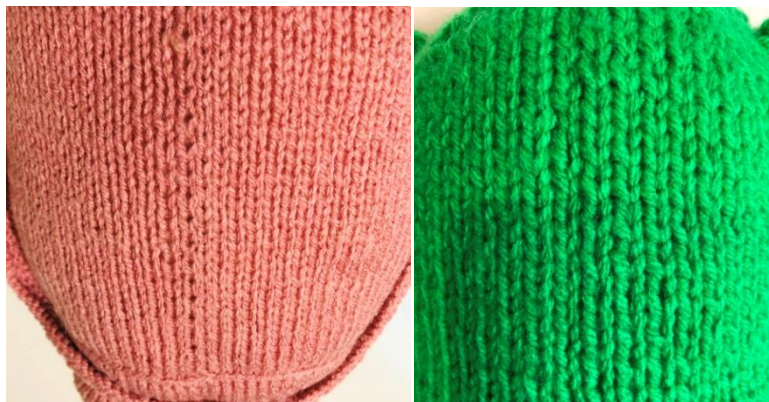
Mojos are our most requested items, as they are used with young children who have difficulty communicating or in recognising emotions on people's faces, and in particular autistic children have often made huge progress after therapy using a Mojo.

So if you can sew please consider making us some. We never have enough to go around! Ideally we'd like to include a Mojo monster in every box we send out, but it's just not possible at the moment.

If you have any friends who sew, and who can use a sewing machine, please ask them to get in touch. Mojos are fun to make, even though the faces take a while to do.

Most fabrics are suitable, but avoid very thin fabrics that might split at the seams. The faces of your Mojo should be in a plain colour so that the expressions show up clearly. We suggest red or pink for the angry one. Please stuff the Mojos firmly, but so you can still get your hand down into the pockets. If the Mojo is stuffed too loosely the filling tends to migrate to the bottom of the item over time, making it less useful.

SPOT THE JOINS!



Look at these perfect stripes with a perfect seam!



Here are examples of perfect joins using mattress stitch

The knitters are too modest to be identified!!

Sewing up a seam neatly makes all the difference to our items and is incredibly easy when you know how. Many knitters are already very skilled at this, but for those who've just joined us here is some advice again on how to make your seams look super professional!

It's best done with mattress stitch. And you don't need to change your yarn colour at each different stripe, you can use one piece of yarn all the way up and it won't show!

Here's a link to a very helpful video which explains it so well.

<https://www.youtube.com/watch?v=ObuZwHImDCI>

The vertical seam is demonstrated at 2minutes 32 seconds into the video.

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.
- 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 **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**

RECENT FEEDBACK FROM THERAPISTS

Our pattern maker Val writes:



This chap above went to our local village school on Monday as a special thank you to Sarah, the ELSA, who did our KfN prize draw and who gave us a guided tour of the special facilities they have for helping the very children we all knit and sew and crochet for. She gave us lots of useful feedback about how our items are used every day in an ordinary primary school.

This morning, Sarah arrived on my doorstep. (I live just opposite the back entrance to school). She was carrying a poinsettia, some choccy biscuits and a thank you card.

I'm sorry I can't send you a share of the poinsettia or the biscuits, but I can share the thanks, because not every item that KfN has donated to the school was made by me.

Sarah wrote in her card, "You will never really know the full and massive impact these monsters have on these vulnerable children. They provide some love and reassurance when they need it most."

Sarah told me that Mojo has already been in action. A child in Year 4 becomes mute when she is upset. This week she had a melt down and was unable to explain what was upsetting her. In the Rainbow Room, (pictured on the website Competition Gallery 1 during the prize draw), was Mojo. She went straight to him with relief, and was able to communicate her feelings sufficiently to regain a measure of calm and her power of speech. Absolute magic, said the headteacher.

So I'm sharing with you the "massive" thank you from the staff and children and parents of Cherry Burton School, East Yorkshire.

Tracey, Play Therapist/Play and Creative Arts Counsellor for Children and Young People

Oh my goodness!! You made my day!!! What an absolute delight it was to open my box full of worry monsters on Friday- Just Wow!! What an amazingly creative bunch of knitters you have making these fabulous creations.

Three monsters have already been allocated new homes in local schools where I work as Play Therapist. The others will become part of my travelling kit as I am fortunate to travel to lots of different schools across Dorset. I know that they are going to be loved and well used as they are just gorgeous. Once again a huge Thank You to you and your team from myself and all the young children who will benefit from the worry monsters.

Charlotte – DVAP (Domestic Violence and Abuse Partnership), Children and Young People's Worker, East Yorkshire. Supports children who have witnessed domestic abuse

I just wanted to email to say a massive thank you for our worry monsters. When I opened the boxes yesterday it made me very emotional as they're just wonderful and I could see how much work had been put into each and every one of them. I know that the children that we support will love them too and they will be of great help when discussing feelings and worries.

I have shared them in our team meeting this morning and all of the team feel exactly the same as I do, they wanted me to pass on their huge thanks. We are still yet to decide who will have which worry monster! We also discussed how beneficial the 'MOJO multi-expression worry monster' will be particularly with the young children that we support and wondered whether we would be able to place an order for some more of these? Would this be possible at all?

Vicki – works with children at risk of permanent exclusion

I cannot thank you enough for the worry monsters, they are beyond amazing, so much so that I took them into one of my schools and they have stolen them all off me 😂😂 I have attached a photo for you, they had an assembly today and the children decided they would like to have one in each classroom. They loved them as much as I do! Please pass on our gratitude to all of your knitters, what you do has such an impact with the children, especially those who find it difficult to communicate. Also would it be possible to go back on the waiting list to replace these so I can actually use them for the children I am working with? 😂 Again, can't thank you enough.



Francine – Children’s Therapist, Ayreshire, Scotland

I work in local schools with many children who are struggling with their emotions for a variety of different reasons: being on the autistic spectrum or having ADHD, trying to cope with a close family bereavement, suffering anxiety and/or depression due to bullying, abuse, familial drug or alcohol dependency / marital break-up and children who have been placed into long-term foster care. I believe that these Worry Monsters would be an extremely beneficial and tangible way to help support them to deal with their emotional challenges. (NB. from Clare: this photo came in just too late to include in the Xmas Newsletter, hence the Christmas tree!)



Sara – Play Therapist in a trauma and abuse recovery service, Glasgow

THANKYOU! I am completely overwhelmed by the wonderful box of puppets and monsters which I have received. They are BRILLIANT! I am really looking forward to adding them to my play resources next year. I will let you know more about how they are used when they make their playroom debut. I cannot thank you and your team of makers enough!

Sharon – Play Therapist, Lancashire

Oh my word Clare the parcel arrived today!!! I am blown away by how wonderful the items are. I will share them out with other therapists I know and the school emotional wellbeing workers at the two schools I go in. Thanks so much to everyone

Marion – West Sussex Behavioural Secondary School

OMG! I have just received my box of worry monsters. I am totally overwhelmed. They are incredible. The detail is amazing. Thank you so very much. Thank you so much, you are so talented, kind and generous. They have made my week, month and year xx

Emma, MIND in Somerset, working with children who have experienced suicide bereavement.

Just to let you know the box arrived and I have just picked them up. How amazing are they, I adore them all and know I will be able to use them. Please thank the wonderful people who have given all that care and love in making these beautiful monsters, they have blown me away. They really are super useful and we really appreciate the hard work and care that have gone into these! Thanks so, so much xx



Emma – Play Therapist, Belfast

I received a box of your worry monsters yesterday and I am blown away! I can't thank the team enough for the work that goes into making these wonderful characters. Each one is very special, and it is evident that they have been made with care and an extra sprinkle of love thrown in. I can't wait to start using them today with the little people I work with. I work with a team of 15 play/art/music & drama therapists who go into schools in N.Ireland and would like to place another order for hand puppets & worry monsters. I believe these will be of immense benefit to the children we work with. Many thanks again.

Alex – ELSA, Primary School, Yorkshire

Oh my goodness Clare! They arrived today and I am gobsmacked! They are absolutely amazing. We are thrilled with them. Your knitters are so talented. Thank you, thank you, thank you! Our children will definitely benefit from them xx

Dawn – ELSA, Primary School, Portsmouth

The worry monsters arrived today and all I can say is that we were blown away. They are absolutely amazing! In a couple of week's time we are addressing the whole school with regards to mental health, wellbeing and ELSA where the monsters will be included and making their debut! Thank you so much again!

Emma – Special School, Worcestershire

Thank you so much, our worry monsters have arrived and been very welcomed by our young people and are already in use in school. I have attached a picture of our clinical team (speech and language therapist, mental health nurse, thrive practitioner and psychologist) with some of the monsters.

Huge thank you to you and your volunteers.



Ceri – ELSA, Mold, Wales

I'm writing to let you know that our Worry Monsters and Hand Puppets arrived today. I've just opened the box and I'm absolutely blown away with them all. There are so many, and every single one has their own little character. They're all absolutely beautiful. They will all be very well looked after. Thank you so very much to everyone that is involved in your wonderful charity. THANK YOU VERY MUCH. DIOLCH YN FAWR IAWN.

Anna – Play Therapist, North Yorks

I am just letting you know that I have received the parcel and am absolutely delighted with them all. I feel very privileged to have received them and am certain that they will have a significant impact on the clients that I work with. Please can you pass on my thanks and gratitude to the wonderful and extremely skilled people who work so hard on these puppets. I cannot thank you all enough.

Jayne – Learning Community, complex needs resource, Wales

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.

Caroline – “Behaviour, Inclusion and Learning Support” Manager, Primary School, Blackburn, Lancs, introducing monsters to the whole school



Kerry – Alternative Provision School, Suffolk

Thank you so much for our beautiful worry monsters and puppets. I am amazed at how fantastic they are. Again thank you so much and I send a photo of my colleague and me with them. Can't wait to use these in our ELSA sessions.

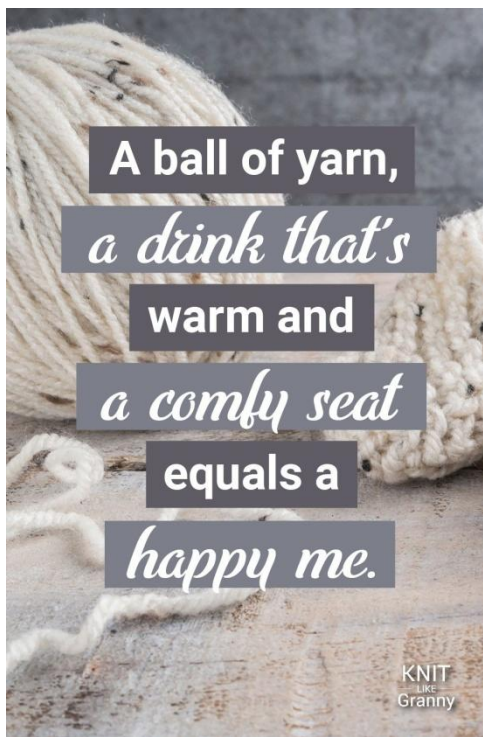




Fun facts about knitting

- Initially, knitting was primarily a man's job. In fact, women were not allowed to knit in Paris until several decades after men had made knitting unions.
- The word "knit" is derived from the Old English word "cnyttan". That means "to knot".
- Miriam Tegels from the Netherlands is the world's fastest knitter. She can knit 118 stitches per minute. Hazel Tindall is the online fastest knitter, watch her on the following link, it's amazing!
<https://www.youtube.com/watch?v=2a4l8UbytGA>
- In September 2012 3,083 people knitted together for around 15 minutes in Royal Albert Hall (London).
- It has been proven that knitting can relieve stress and chronic pain.
- Knitting was invented in the Middle East. That's why you often work from the right to left.
- The longest French knitting is more than 16 miles long (26 km) and done by Edward Hannaford in Sittingbourne, UK. He started working on it in 1989 (and he is still working on it!).





In a world with such troubles it's so reassuring to know that there are folk like you who really care about children's welfare and who want so much to help. In contributing your items to KfN you are doing just that, and the therapists have all asked me to thank you from the bottom of their hearts. You really are very special group of people, and I can only hope that making the items gives you as much joy as they give the recipients.

Enjoy the Spring weather and please continue to help us. As one recipient told me:

"This has restored my faith in human nature."



Clare Allan Knit-for-Nowt

March 2023

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