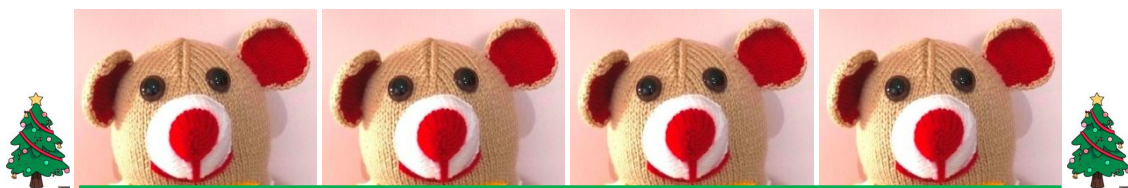




WELCOME TO THE KNIT-FOR-NOWT NEWSLETTER DECEMBER 2024





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STATS:

Number of therapists supplied since November 2022 (when waiting list opened):

1,366

Number of therapists still on the waiting list:

435

Number of organisations supplied in total so far since we started:

2,840



Notes from Clare:

Occasionally parcels arrive at KfN headquarters torn or damaged, see pictures below. If the outer packaging gets damaged there is a risk that your items inside might either slip out or get rained upon, so it's a good idea to put an extra layer of plastic around them inside your parcel! At least Royal Mail do always attach a letter of apology, which I've never seen from any other courier.



10% OFF VOUCHER FOR ALL PURCHASES FROM BLACK SHEEP WOOLS YARN SHOP! ALL KFN MAKERS CAN CLAIM IT!

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. Code is valid for the whole of 2025. We are really grateful to Sara and also for her donation of two of our £20.00 vouchers as prizes for our Lucky Draw (see page 7-8).

Tips and advice from you! Since the last Newsletter I haven't received many pieces of advice about what makes life easier when making items for KfN. I know that many of you are experts and surely must have some words of wisdom! Please send in any helpful hints for the next Newsletter – they are invaluable. Perhaps you know some good places to order zips/safety eyes/buttons/fabrics? Maybe you have a tip about what yarns suit certain of our items best? Do you have particular ways of making items? Many makers aren't on Facebook, so they don't get to see the tips on our group there. **See page 13 for this month's tips.**

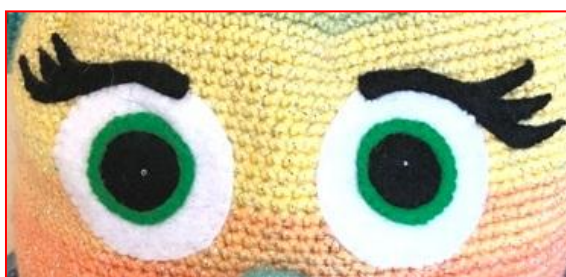
🎄 THE EYES HAVE IT! 🎄

Animals' and monsters' eyes

If you look at your own eye (in a mirror!) you see a white and inside that a colour and inside that a black pupil and sometimes inside that a white highlight. So if you're making eyes on your item please try to include all those. If not possible please always ensure that you include the black pupil because without it the item can look a bit too scary! And therapists say that the children relate very well to faces that look a bit "human". We encourage the use of safety eyes instead if you wish, as they can give the item a lot of character too. And here are lots of pictures for inspiration! Notice the variety of eyebrows you could use.



Felt and button combo



Felt



Felt, buttons and bushy eyebrows



Or you could knit eyelids!



Notice how the angle of the eyebrows affects the mood. For angry – please keep the eyebrows low, just touching the eye whites.



Safety eyes on animals are very effective



Crocheted eyes with highlights



On Mojos we simplify the eyes



Knitted bruised eye



Robots' eyes are made deliberately with squares

Hand puppets' eyes

On hand puppets you can either use felt for the eyes, or embroider them, or small buttons securely sewn on with white thread (to represent the highlight). Please don't use safety eyes on hand puppets because the backs can be sharp. **But safety eyes on stuffed monsters are fine.**



Black buttons sewn on with white Or sewn with white thread and indented into stuffed head



Felt eye whites and blue buttons sewn with black

Embroidered eyes

Sad eyebrows

It's worth noting that the way you slope your monster's or puppet's eyebrows affects the emotion. For our happy/sad sided sets please make the eyebrows slope as in the pictures below. If, as some knitters do, you slope the eyebrows the other way it makes the face look angrier. This can sometimes be useful for therapists but in general please make the face sad.





AUTUMN 2024 LUCKY DRAW



RESULTS

Thank you so much to everyone who entered the Draw this year. We received some really wonderful puppet sets.

The winning numbers were drawn by therapist Sarah at the Special Needs department of an East Yorkshire Primary School on 29th November. Each winner has won a £20.00 voucher to spend at Black Sheep Wools shop www.blacksheepwools.com And our sincere thanks go to Sara at Black Sheep Wools for her donation of two of the vouchers. And don't forget about her generous donation of a discount code of 10% on most of the products. The code can be used any time from now until the end of 2025. Apply to Clare for the code if you haven't been sent it.



Here's Clare with therapist Sarah drawing the numbers

These are the 10 winning entries. We must emphasize that these numbers were randomly drawn and the competition wasn't judged – if you won it was pure luck!





CONGRATS TO ALL OF YOU WHO ENTERED! Even if your number wasn't picked a picture of one of the sets you sent in is now displayed on the website in a new Puppet Gallery:

<https://www.knitfornowt.org/lucky-dip-2024>



WHY I MAKE ITEMS FOR KNIT-FOR-NOWT – quotes from you

It's good that my robot has arrived in time for the new term. New schools and school years can be so bewildering and scary and if just one child is helped by having a chat with a worry eater then we're doing a good job.

Glad to hear that the waiting list is still going down! I always like to see the newsletter and read all the positive comments from the recipients - think I spotted a couple of my Mojos in the photos which was nice. It seems to be a never ending task, but one that I'm more than happy to be part of.

Reading all the wonderful comments from the grateful therapists spurred me on to complete my latest Zippy. With the Autumn term now well and truly underway, our school has definitely seen that the level of need amongst our community is as high as ever, and as expected, the school holidays have added to the stress and difficulty for many of our vulnerable families. So I can really appreciate how, in particular, the knits sent into education settings will be so valuable. Can't wait to get going on my next batch!

By chance I was telling a friend all about knitting the monsters when another lady passed by and told us how wonderfully helpful all your products are. When I asked how she knew this she explained that her children had had a lot of problems in the past and the monsters had been a life saver! It was amazing to hear the story and heartfelt appreciation from someone who had first hand real experience. We were all watery eyes!

Referring to the items she makes: They are such an important part of my life. It's really nice to be able to make something. Don't know what I'd do without it now. I've still got lots of materials to use up and don't need much of an excuse to buy more!

I am so glad I can make some small contribution to an extremely worthwhile cause. It's heartbreaking to think of all the wee children who are suffering in this world. Must go and get those needles clicking

It's worrying that so many children are suffering as mentioned in the therapists' requests....what a difficult job they are faced with. So glad that our Monsters and puppets are assisting them in doing such a wonderful job.

It is lovely to see all the great things that are made. Lots of brilliant knitters, crocheters and seamstresses. Long may we be able to continue. I love helping this cause.





KNITTERS! A NEW CHALLENGE!



THE KNITTED OCTOPUS – is now on the website

We have had very enthusiastic feedback from therapists about the crocheted octopus design by Rachel, and in order to receive more of those we decided to introduce a knitted version.

Many thanks go to Terri in Hull and Dawn in Wiltshire for their kind collaboration with Val on this pattern, and to Rachel for the original crochet design. **The new pattern is now on the website.**

Also available **on request** is Terri Cook's octopus pattern for the experienced knitter who prefers to minimise sewing up. Terri's octopus is knitted top down in the round on either circular or double pointed needles. Techniques used include provisional cast on, making bobbles, short rows and Kitchener stitch. Like our crocheted octopus, Terri's is decorated with small knitted sea creatures. Please contact Clare if you'd like that pattern – it's for advanced knitters.



TOOTHY has been edited again. We realised that many of the Toothy monsters recently were coming out a bit on the small side and a bit too thin, so once again we have produced a more up-to-date version. **It's now on the Patterns for Worry Monsters page of the website.** Please convert to it now and make Toothy nice and round and cuddly.



**IF YOU CROCHET AND WOULD LIKE TO MAKE SOME HAND PUPPETS WE
HAVE A NEW PATTERN WITH STUFFED HEADS COMING SOON!**

It's by our very talented crochet pattern maker, Rachel, who also made the patterns for many of our worry eaters. We are always short of hand puppets so please give these a try!

LOOK OUT FOR THIS NEW PATTERN – IT'LL SOON APPEAR ON THE "PATTERNS FOR HAND PUPPETS" PAGE OF THE WEBSITE.





We are so fortunate at KfN to have some extremely talented and hard working pattern makers who give their time and expertise freely for the charity and they deserve our heartfelt thanks.

It's not immediately obvious that there are numerous considerations that the pattern makers have to take into account apart from the initial design - it's quite an art:

- The overall size of the item, depending on whether we are aiming it at group therapy or individual work. For hand puppets, will the puppet fit an adult therapist's hand? Even a larger hand eg. a male?
- **Which yarns work best, allowing for no gaps between the stitches on stuffed items**
- The best size of needles/hooks
- **How easy/difficult it will be for the average knitter. Not everyone is experienced, so we need patterns that can be tackled by most knitters quite easily**
- Technical details have to be right eg. for our items the pocket for the worry papers must be nice and deep
- **Safety details need to be included in our patterns as our items are used with children**
- The pattern needs to be clearly set out, with pictures which directly relate to the text (it's no good recommending something in the text and having a picture next to that text which doesn't depict that recommendation!)
- **The order of assembling the item needs to be logical and explained clearly**

When we first started quite honestly we didn't have a clue about how best to go about making items that would be useful to the therapists – our initial worry eaters were basically just stuffed tubes with a shallow pocket, (no ears, horns, legs, arms, noses, features etc.). We have learnt such a lot over the years, especially about making the items far more child-friendly and exciting/interesting. Such a lot of features are important in therapy – the facial expression, the cuddleability (!) on large items, the interesting characteristics and additions that make for a starting point in a conversation etc. All these things can be the catalysts for a real breakthrough with children unable/unwilling to engage with the therapist.

So it's not surprising that, as none of us are professional pattern makers, occasionally patterns need to be edited. We are always grateful to anyone who points out an anomaly in any pattern because it's possible to proof read and test knit patterns several times and still to miss things!

So please bear with us as we do intend to edit out any mistakes and make improvements in our patterns, and we hope that you will wait patiently for things to be amended!





HAVE YOU ANY TECHNICAL TIPS FOR US?



Please email Clare if you have, and they can appear in the next Newsletter (March 2025)



VAL'S TIPS OF THE MONTH



No more holes in corners

If you get a hole where you join newly cast on stitches to an existing piece of knitting, you can easily fix it with one extra stitch. This happens on puppets where you add extra stitches for the arm, or at the corners of monsters' mouths. You will see a distinct gap in the row of stitches on your needle next to where the new stitches and the old join. Cast on one more stitch than the pattern requires, then when you come to the gap, knit the two stitches either side of the gap together. Hole closed.

Slip and twist

Do you find that when you return stitches you've had on a stitch holder to your needles ready to knit that you've managed to twist them? Always follow the same process to avoid the twist. Always slip your stitches on to the stitch holder purl wise. Always slip them back on to the needle through the back leg of the stitch, that is, knitwise.



Anne in Lancashire – to avoid leaving pins in:

I have a small rectangle of felt on which I keep 4 glass headed pins, 2 green and 2 yellow. I use these to secure the interfacing while I do the faces on the puppets. When I am finished I know that I should have these 4 pins. (Of course you can use the idea for more than 4).

Cathy in Kent – getting the features straight and even:

To make the rabbit worry eater's face easier I bought a 6" polystyrene ball from eBay and I can put the head on it and pin muzzles, ears and noses into position. Makes life a little easier.

Liz in Gloucestershire – a yarn recommendation

A good face coloured yarn is Stylecraft Special DK "Toy", shade 1844

Our Mojo makers came up with an alternative way of assembling the Mojo pieces.



We suggest a new 90 or denim needle for this work. Once all pieces cut out, faces stitched and limbs lightly stuffed complete the following sections

Face assembly and layout. Take angry, worried, shock/frightened face pieces and matching-coloured backs. With right sides together machine sides and bottom seams leaving top open. Side seam 1.5cm. Bottom seam 1 cm. Trim seam allowance, turn and press. Layer faces from the bottom up, shock/frightened, worried, angry. Tack and machine together along the top 1cm seam



Body Assembly Find Happy and Sad faces, (yellow), lining and front pocket pieces



Right sides together, machine bottom of face to pocket lining, 1.5cm seam allowance. Turn and machine a small double hem at the top of the front body piece. (You can use a decorative stitch for this if you like). Place this piece on top of pocket lining slightly above the seam. See picture. Machine sides and base together 1cm seam allowance



Machine pocket strengthening as shown

Place arms, facing in, on Happy side of the body. Tack and machine in place 1cm in from edge

Make body tube Place sad piece face down onto happy piece, right sides together. Tack and machine side seams 1.5cm allowance. Leave top and bottom open.



Face insertion: Take the 3-face bundle and insert, angry face down onto happy face. Level the tops, tack and machine twice. This is a very thick bundle; a walking foot may make it easier. Trim some of the seam allowances and turn tube through. Press lightly. If not already trimmed, trim base fabric level. The pocket linings may be longer than the body. Turn up a 2 cm hem and place legs pointing down into place. See picture



Machine all around this hem, including over the legs



Ready to stuff

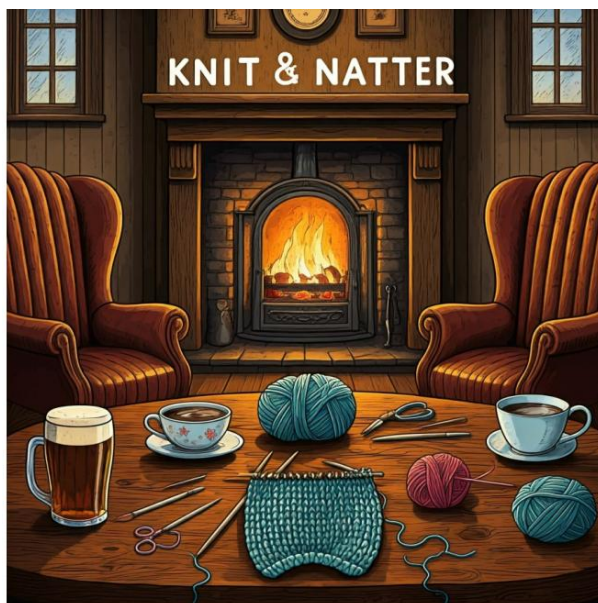
Stuff firmly making sure to get right up to the top corners. When very well stuffed, machine or hand stitch the bottom seam closed. If hand stitching this will need to pass a pull and stretch test to make sure the thread doesn't break under stress. Ideally use a polyester thread for this as it is stronger than cotton.

With thanks to Ann, Doff and Ros for your help with these Mojo assembly notes

🎄 **Fancy a cosy afternoon of crafting?** 🎄

Are you in the Birmingham/West Midlands area? Or able to get to it?

Our knitter Liz is holding another get-together and raising funds for KfN. All are welcome, see details below. If you are interested, would like to secure a place, or would like advice on holding a get-together in your own area please email Liz at knitandnatter@bdixon.me.uk



Bring your current project and help raise funds for KfN! Have a go at a Christmassy raffle! Bring any unwanted yarn to the "Swap Shop!" Suggested donation of £3 per person.

- **When?** Sunday 15th December: 2pm-4.30pm
- **Where?** A private area of the Black Horse pub in Northfield, Birmingham, West Midlands, B31 2QT

INTERESTING KFN FACTS

In the last 30 days, apart from UK, (where there were over a thousand), the numbers of views of the Knit-for-Nowt website were from:

USA, 35: Australia, 16: South Africa, 15: The Netherlands, 6: Germany, 6: Ireland, 5: New Zealand, 3: Canada, 3: France, 3: Belgium, 2: Iceland, 2: Austria, 1: Bahrain, 1: Brazil, 1: Switzerland, 1: Columbia, 1: Cyprus, 1: Finland, 1: Hungary, 1: Israel, 1: Italy, 1: Malta, 1: Maldives, 1: Poland, 1: Singapore, 1

SPECIAL APPEAL – CAN YOU HELP US PLEASE?

This picture shows Play Therapists working in Lancashire who are in need of our items.



Kirsty, Carrie, Liam, Emma, Samira, Louise, Nadine, Amy, Eve, Lyndsey, Lisa, Lyn and Sarah.

Here's the request from Louise, practice development manager in the team:

"We have such a desperate need for the unique items your knitters make. We are hoping your items can be shared with our fairly new team of play therapists, who are offering crucial therapeutic support to children who have experienced the most severe cases of complex developmental trauma and experiences of physical and sexual abuse and neglect. Your items would form a key part of their therapeutic toolkit.

We are really appreciative of anything your fabulous charity can offer when we reach the top of the list, however the items that we would have the greatest need for, if you're able to offer these are...

- *animal worry eaters*
- *pairs of identical hand puppets*
- *sets of professionals hand puppets*
- *sets of family members hand puppets*
- **worry monsters with injuries & removal pants** NB from Clare: **please make these to the large Zippy pattern, not the normal small abuse monster pattern. Please add pants and bruises.*

There are 13 therapists in this team and because they are tackling such serious issues we would like to send each one of them each of the above items. They are geographically spread across a wide area of Lancashire so they can't share the items. **So we need 13 of each of the list above.** If you'd like to pledge one of those items for this particular team please let Clare know, stating your item is for **"The Lancashire Play Therapists Appeal"**. If she receives too many they will go to another equally deserving team. Thank you.

LATEST FEEDBACK FROM RECIPIENTS OF KFN ITEMS



We donated items to “Nessie”, a counselling service for children and young people based in Hertfordshire

“We wanted to give a massive shout out and a huge thank you to the wonderful team at Knit-for-Nowt for our amazing Therapy Hand Puppets and Worry Monsters.”



As you can imagine Knit-for-Nowt receives many quite distressing requests for our items, as resources to help children are either too expensive or not available at all. Many of our items are unique and cannot be found anywhere else, hence the deluge of requests whenever the waiting list opens.

Here's a typical message:

Message: I work as a teacher in a special school. With young children who are bereaved through challenging circumstances, murder and suicide. Children who come from broken homes and are in foster care as parents are drug abusers, and children who have been sexually traumatised. I am always being asked by them for something to hug, a teddy, a blanket. Your support and items would be really appreciated.



Katie – Play Therapist, Buckinghamshire

I have just received the most enormous box of worry monsters and puppets, and in all honesty I am literally almost in tears. I am so overwhelmed!! I had no comprehension of the incredibly beautiful quality, the intricacy and the love and time and care that would have gone into them. My daughter who is 13 was in the garden with her friend when they arrived and we opened them together, and I was literally hugging them, squealing with delight because I was so blown away. I absolutely cannot wait to start using them with children. Thank you to all of the incredible knitters who have made these. They are so talented and they are going to be so well used in the years to come! X

Lianne – Deputy Head and *SENDco, Primary School, Merseyside

I cannot tell you how overwhelmingly wonderful these worry monsters are. I came home from a short break and the box was waiting. WOW!!! I was quite emotional and my family were too. Once my Head and business manager see these and our school council, I am sure we will be making another donation, because if you are sending out these regularly then you need more and more support. Thank you! Thank you! I cannot express how I actually feel.

**SENDco = Special Educational Needs Coordinator*

Lindsey – ELSA, Primary School, Dorset

Myself and the students are so impressed and happy that they have new additions in their ELSA room in a large demanding primary school in Dorset. This is what some of the pupils said:-

- Zippy by Maureen: “Zippy really makes me laugh. He is very funny”
- Worry Elephant by Angela C: “I really love this elephant , he really makes me smile. I have named him Humphrey (pupil in year 6)
- Worry Octopus by Rosie: “I love his arms (tentacles) he is so bright. I have named him Star (year 4)
- Mojo by Anne H, expressions/feelings: the children all love Mojo and I can talk about ‘it’s ok to not be ok’ and expressing emotions in a safe environment. The children love flipping the face to different emotions and explaining how they are feeling. They love him as it reminds them of the two movies ‘Inside Out’ (pupils aged 3-6)
- The little hand puppet is great too and lives with Snowie the Elsa bear. (In the corner of the Elsa room) Snowie loves hugs and is a wise old bear. He has ear defenders as he doesn’t like loud music but enjoys calming music too. All the children love Snowie.

All the children are aware that they can use the Worry monsters and share their worries with me after writing them down to make them feel better. Thank you so much. These lovely & very cleverly crafted monsters will make a huge difference to the children’s lives. They put a massive smile on my face. Thank you again

Leigh – SEMH Coordinator, Primary School, Kent

I am writing this email to send my deepest and sincere thank you to this beautiful charity for our amazing worry monsters. They are absolutely stunning and the children from Reception all the way to Year 6 love them! They have helped so many children. The work that you and your team do benefit so many people and I would love for them to know how much they are valued and appreciated.



Lisa – ELSA, Primary School, Lancashire

What can I say? My box has arrived and I'm truly overwhelmed and so grateful. There are so many fantastic items, I just can't wait to start using them with the children. You and your knitters are absolutely fantastic and I thank you all for your very kind hard work. Sincerely.

Gemma - Counsellor for Matthew Hackney Foundation, Surrey

I received the box of puppets this afternoon and am overwhelmed at how beautiful they are and how many there are!! I'm so excited to start using them and already have ideas about how to use them. I use storytelling in my work quite frequently, especially for the children who find things too triggering to talk about, so all the little finger puppet animals are not only cute but will also be an amazing resource. I love how each pack says who made it and where they're from too. I am really grateful to you all, thank you all so much x

Nadia – Therapy Service "Child in Time", London

I am absolutely blown away by the puppets I have received. The quality and attention to detail is fabulous. I can't wait to share them with the children in the therapy room. Thank you so much.

Jo – ELSA and Pastoral Lead, Primary School, Staffs

They have arrived ! Wow, wow, wow - what an amazing collection of worry monsters and `wellbeing aids`. We are so grateful to you and all your supporters. Once again thank you!

Jenny – ELSA/TA, Primary School, Lincolnshire

I have received the worry monsters and puppets. They are simply awesome. So much work has gone into them. Please thank everyone involved. Can't wait to use them.



Julie – ELSA, Primary School, Oxfordshire

I just wanted to write and thank you again for the incredible knitted worry monsters and puppets that you kindly created for me to use with the children. I am our school ELSA and frequently support children to understand how they are feeling and help them to work through their emotions. The knitted monsters and puppets have become a really valuable resource to me and our children really love using them. I thought it might be nice for you to hear how some of them have been used so far.



One child was finding it very difficult to work through her emotions in the first person and the worry monsters helped her to put her feelings into the third person. She used the puppets to describe scenarios and how each of them was feeling and what she could give them to help them to re-regulate.

Another child has used the hand puppets to work through some scenarios that he is currently processing as a way of acting out what is happening. I have also found the hand puppets very useful for explaining a change to a younger child in a more visual, interactive way.

Some children just find comfort in one of the creatures sitting with them, drawing or reflecting on uncomfortable feelings.

We also have a child who became obsessed with looking at other children's underwear so the removable pants became the perfect tool to talk, and to use when talking to the whole class.

The work you all do is hugely valued by myself and all the children at our school. Many have hugely benefitted, and we are incredibly grateful for your generosity

Asha – Safeguarding Lead/ELSA, Primary School, Birmingham

I have received my puppets!!! Oh my goodness, they are so beautiful. I can thank your ladies enough, the puppets are amazing, and so many!! I can't wait to use them. Thank you so much. The children (and adults) will love them. From an extremely happy and grateful owner.

Sam – Thrive Practitioner, Herefordshire

Thank you so much, I have received my order, they are stunning, and your ladies have done a super job of making them. I am super excited and can't wait to use them with my children at school in my Thrive sessions. Thank you and please say an extra big thank you to all the ladies that make the therapy teddies and puppets.

Lorna – ELSA, Primary School, Essex

I wanted to let you know that my parcel has arrived. To say I was totally amazed is an understatement! I did not realise how big these soft toys are and just how much we get in the box. Each item is totally mind blowing and I cannot thank you enough! The children love them and sit hugging them in our Nurture Zone. We have also shared with our SEN Dept who were just as excited as myself. The love and care that goes into making these toys is obvious and we are so grateful for that.

Donna – ELSA, Infant School, Nottingham

Thank you so much for our worry monsters the children love them and I have them on display. All of the children I see have had a cuddle with each of them and one boy in particular insists on choosing one or two to sit with him and join in when we play a game. I'm hoping that Huggles the large octopus will eventually be situated in the school reception as a central point for any children to pop worries into his pocket. One of the monsters came with a hand puppet and this is proving to be useful as a way of encouraging a child to speak through a third party.



Ianthe – Mental Health & Wellbeing Lead in a Secondary School and also does Trauma Informed Interventions with students, Southampton

Hive, The Retreat, Horizons and our PKS classes now all have their very own 'Worry Monster'
Thank you very much – they have been received very well by our students, they've enjoyed naming them and they're already full of worries.



Barbara – ELSA, Primary School, Essex

I received my worry monsters today. I'm so excited, they are absolutely brilliant! I have attached a photo of them sitting in my ELSA (Emotional Literacy Support Assistant) room waiting for the first child who needs them. I will send more updates later.

Thank you so, so much Ann H in Hampshire, Lesley W in Birmingham, Veronica C in Glasgow, Sandra W in Cheshire and Beryl W in Staffs. Your efforts are invaluable to the well-being of children.



Therapist Sarah at a Special Needs facility with children enjoying your items



 **GALLERY** 



_GALLERY_ 



🎄_GALLERY_🎄



🎄_GALLERY_🎄



 **GALLERY – ZIPIPIES and BODY IMAGE** 





NB. If you don't see your item here on these Galleries it's pure chance, as items are picked at random and space never allows for all to be featured. If you'd like to ensure that your item is pictured in the next Newsletter please tell Clare.

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.

- 1 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
- 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



- 1 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
- 2 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!
- 3 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)
- 4 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, (@ December 2024), 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 it will cost you £25.00 plus £6.50 p&p.

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>

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

PHOENIX: <https://www.thewoolfactory.co.uk/phoenix-filling---toy-stuffing-250g-bag-796-p.asp>

DUNELM WOOL COUTURE: <https://www.dunelm.com/product/wool-couture-premium-toy-stuffing-1000190331>

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

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

 **KNIT-FOR-NOWT WISHES YOU** 

 **A VERY HAPPY CHRISTMAS!** 



A huge thank you to all who have sent in items during the past year.

Please continue your wonderful work to help the children



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: Saturday 21th December

First posting date for 2025: Thursday 2nd January



Looking forward to reducing our waiting list even further in the New Year.



Clare Allan Knit-for-Nowt December 2024

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