



**A SELECTION OF PATTERNS SUITABLE
FOR USE BY THE
WEST SUFFOLK NHS FOUNDATION TRUST**

**TOGETHER WITH
OTHER KNITTED AND CROCHET NOVELTIES
& FINGER PUPPETS**

July 2025



Love knitting?

Become a blanketeer
and help us care for
end of life patients

Become a Blanketeer

The Blanketeer Group meets the second Wednesday of the month in
the West Suffolk Hospital's Chapel 2.00 - 4.00 p.m.

The Group have just celebrated their 6th Birthday.

Just the right size blanket!

A standard hospital bed is between 34-35 inches wide (800-900mm) so a 42 inch square blanket is 'just right'!

Squares

5, 6, 7 or 8 inches maximum are great - any bigger and they lose their shape

Stripes

42 inches long (width as above)

THANKYOU



my
WISH
charity

INTERESTED ??

The best advice for contributors for a basic blanket pattern is use 8/9 needles ($3\frac{3}{4}$ - 4.00 mm).

Depending on individual tension - 40 stitches and make into a square or strip 42 inches long.

The squares could be stripes or any stitch you like - but not stocking stitch as it loses its shape.

Finished blankets should be 42" square.

PALLATIVE CARE TEDDY BEARS



Interested - For the pattern please contact the Charity at
fundraising@wsh.nhs.uk

TWIDDLE MUFFS

A twiddle muff provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.

Use different textures of wool and adorn with items (*inside and out*) that are safe and secure - Buttons, ribbons etc.



These purses were made so patients can find something of interest inside and useful for their own stash of goodies.



Twiddle Cuffs are good for those who do not like to put their hand in a muff.

OTHER ITEMS REQUIRED

The cupboards of The Neonatal Care Unit are very well stocked with cardigans and blankets at the moment.

However the specialist midwives do need some tiny hats - *various sizes - especially those that fit an egg!*



Cannula Covers - These covers are about 8cm x 10cm and are invaluable for keeping little hands away from the cannulas. Just plain garter stitch.



For those who are handy with a needle

Syringe Driver Bags

These are around 22cm x 10cm and have a long over the shoulder strap so patients can carry the syringe driver around. The drivers administer a regular dose of pain relief.

Interested - For the pattern please contact the Charity at

fundraising@wsh.nhs.uk

or follow the link below

<http://www.makingforcharity.co.uk/make-a-syringe-driver-bag>



Property Bags

These are the size of a wash bag. They are used by the bereavement team to give back things such as glasses, phones etc rather than a horrible plastic bag.

Interested - For the pattern please contact the Charity at

fundraising@wsh.nhs.uk

or follow the link below

<https://www.hobbycraft.co.uk/ideas/how-to-make-a-fabric-drawstring-bag.html>



Your local NHS charity

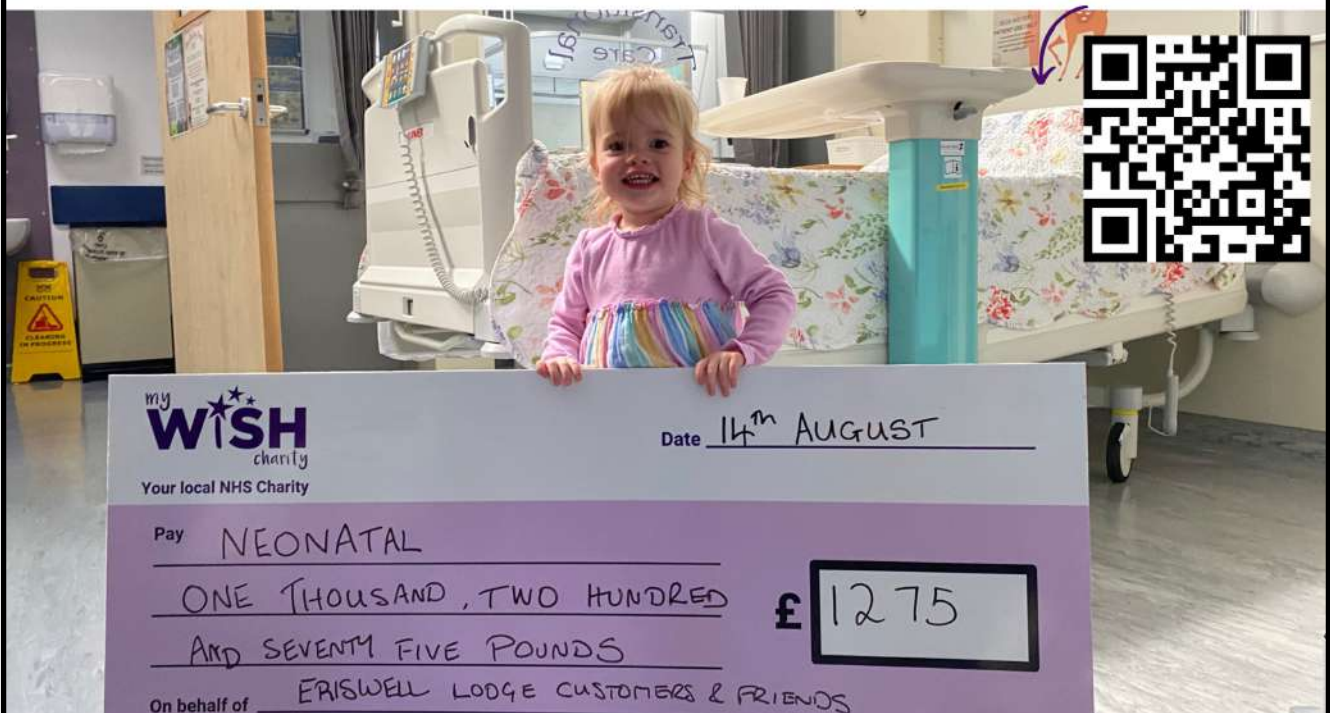


My WiSH Charity enhances the care patients at the West Suffolk NHS Foundation Trust receive. This comprises of; West Suffolk Hospital, Newmarket Community Hospital and community services across Suffolk both in health centres and patients homes.

We fundraise for all hospital wards, departments and services. We support everything from emergency to the elderly, bones to babies, and cataract to cancer care. You can donate to the area closest to your heart.

With a population of more than 280,000 raising money to enhance the care our community receives is vital, and that's why we need your help.

Scan to donate



Enhancing care for you, your family, for life.

Basic Knitted Finger Puppets



Knitting Pins - Size 4.00 mm

Cast on 16 Stitches

Garner Street 10 Rows

Stocking Stitch 8 Rows

Knit two together to end

Purl Two Together to end

Knit Two Together to end

Draw yarn through remaining stitches tightly.

Knitting Pins - Size 3¾ mm

Cast on 20 Stitches - Stocking stitch
10 rows. Break Yarn.

Join Face Colour - Stocking stitch 6
rows. Break Yarn.

Join Hair Colour - Stocking stitch 4
rows.

Knit two together to end - Draw yarn
through all stitches.

Join side seam and embroider face.



Basic Crochet Finger Puppet



Crochet Hook 3.50/4.00mm Hook

Into magic circle - 6 double crochet (6)

Two double crochet in each stitch (12)

Rows 3 - 16 Repeat (12)

Add eyes/hair etc



BEAR FINGER PUPPET

Bear Head - Using 3 $\frac{3}{4}$ Needles

Cast On 4 stitches

Row 1 - Increase in each stitch around (8)

Row 2 - Purl 1 Row (8)

Row 2 - *K1, Make 1 stitch*, repeat to end (16)

Row 3 - Purl (16)

Row 4 - *K2, Make 1 stitch*, repeat to last three stitches, K1 Make 1, K1. (24)

Stocking stitch 8 rows (24)

Shape Nose

Next Row - *K2, K2tog*, repeat to end (18)

Next Row - Purl

Next Row - *K1, K2tog*, repeat to end (12)

Stuff Head

Next two rows - *Knit 2tog* to end

Break Yarn, leaving a long end

Thread through remaining stitches

Draw up tightly and fasten securely

Bear Body - Using 3 $\frac{3}{4}$ Needles

Cast On 20 stitches

1st and 2nd Rows - Knit

Continue in stocking stitch until body measures approximately 2" (5cm)

Next two Rounds - K2tog, Repeat to end

Break Yarn, leaving a long end

Thread through remaining stitches.

Draw up tightly and fasten securely.

Bear Ears Using 3 $\frac{3}{4}$ Needles

Cast on 5 stitches. Work five rows stocking stitch. Cast Off

*Change the face colour.
Work different hair styles.*



*Make up your own ideas
Be creative and have fun.*





Worry Worm

Starting with Head - 4.00 Hook

Work 12 Treble into Magic Circle - enclose ring.

I like to change to 3.50 hook - work 32 chain for body.

Into second stitch work four double crochet and into each stitch so the body curls. Slip stitch to join at head.

Work double crochet in next stitch, two double crochet in next stitch around.

Embroider or make google eyes to finish.

Try some worry worms with assorted faces



Teddy Bear Ears

Slip stitch to ear, then work into next stitch - double crochet, half double crochet, half double crochet, double crochet.

Slip stitch into next 2-3 stitches and repeat ear.

Slip stitch into each stitch to finish.

Bunny Ears

Double crochet to ear.

Chain 7. In second chain from hook work half double crochet in next two stitches, treble in next two stitches, double crochet in last stitch.

Slip stitch in next stitch and repeat ear.

Double crochet to end of face.

Use the heart pattern within these pages for these heart faced worms.



Cat Ears

Double Crochet to ear. In next stitch work half double crochet, double crochet, treble, three chain, picot, treble, double crochet, half double crochet.

Slip stitch in next stitch and repeat ear

Double crochet to end of face.



To hide stitching from eyes, work 12 treble into magic circle, finish and stitch to rear.



NELLIE THE ELEPHANT

Face.

With 3.50 crochet hook

Round 1 Into Magic Circle, Chain 3, 15 Treble into ring, slip stitch into first stitch.

Round 2 - Chain 3, 2 Treble into each stitch. Fasten Off

Trunk Chain 15

Double Crochet, treble, slip stitch, treble, double crochet into second chain from hook.

Double crochet in next stitch, half double crochet in next stitch, two half double crochet in next stitch.

Two treble in next stitch, 2 treble in next stitch, two treble in next stitch.

One treble in each chain across.

One treble, one double crochet, slip stitch in last stitch. Fasten Off

Why not make the elephant's nose from the Worry Worm pattern (adjust length to suit your Ellie)

Ears

Round 1 - Into magic Magic Circle Chain 3 9 Treble into ring.

Round 2

Chain 3 - Turn

1 treble into same space

2 treble in next stitch

1 treble in next stitch

*2 treble in next stitch

2 treble in next stitch

1 treble in next stitch* - Repeat to end

Rear of Face - Taking the time to add a crochet back to the face covers up all stitching from the eyes.

Into Magic Circle - Chain 3, Treble 15

Round 2 - Chain 3, two treble into next stitch, one treble into next stitch - Repeat around.



How about some Monsters?



Be creative and work your own designs



HUG FACE

This is one of my favourite novelty items

Face - Use 3.50 hook or 3.00 for smaller face.

Into magic circle make 6 double crochet

Round 1 - Work two double crochet in each stitch (12)

Round 2 - Work two double crochet, one double crochet around (18)

Round 3 - Work two double crochet, one double crochet around (24)

Row 4 - Work two double crochet in next stitch, one double crochet in next three stitches around (30)

Row 5 - Work two double crochet in next stitch, one double crochet in next four stitches (36) Finish

Arms Chain 8 (7 for smaller face)

DC in 2nd chain - DC to end.

DC along other side of chain. Fasten Off

Heart - Using 2.50 hook or 2.00 for smaller face

Make a magic ring - chain 2.

Work - three double treble, four Treble, one double treble, four treble, three double treble into magic ring.

Pull the magic ring nearly closed, leaving a small space in the middle.

Chain 2, slip stitch into the remaining hole in the magic ring and pull tightly closed.

With different colour yarn, work small dot into centre of heart.

Rear of Face

Work Rounds 1 - 5 and crochet two pieces together.



Embroider or make google eyes as you choose.



SMILEY FLOWER FACE

Finally, another of my favourite novelties,
which can only bring a smile
to anyone's face

Face - Use 3.50 hook or 3.00 for smaller face.

Into magic circle make 6 double crochet

Round 1 - Work two double crochet in each stitch (12)

Round 2 - Work two double crochet, one double crochet around (18)

Round 3 - Work two double crochet, one double crochet around (24) Fasten Off and embroider face.

Make second piece and double crochet together (2.50 hook)

You may wish to stuff very lightly.

Petals - Use 2.50 hook

Join and chain three.

Work six double treble into same space. Chain three and slip stitch into same space.

Miss next stitch. Repeat around to make twelve petals.



*These are just a selection of novelty items
I have been making for*



All patterns are just a guide and like a cooking recipe, adapt them to suit yourself. Be creative and have fun.

Remember, knitting is one of the few times in your life where there are no bad consequences for making a mistake.

Stephanie Pearl-McPhee

Thank you for wanting to help our patients with your amazing crafts. We promise you, these make such a difference.

We ensure your crafty love is spread across the Trust with toys going to the paediatric emergency department, radiology and scanning departments, fracture clinic as well as the Rainbow ward.

The blankets are loved by all who receive them and the large blankets, along with the companion bears, often become a much loved keep sake after someone has passed away.

As a charity we don't provide anything the NHS provides but the extras, the cherry on the cake so to speak. Your beautiful projects are certainly that and we thank you for all the love, time and effort you put into them.

Best wishes from,

My WiSH Charity



End of life blanket, quilt and bears

Thank you to Cindy Boot for making this craft leaflet, sharing her patterns and making some amazing gifts for our patients of all ages.