**KNITTING FOR COLCHESTER HOSPITAL**

We are very fortunate to have a number of local groups, businesses and individuals who take on knitting projects for us.

Colchester Hospital Charity is currently trying to expand the range of knitting we can provide to different areas of the hospital. We would love help with knitting and suggestions can be found below.

We do not have enough storage to be able to keep a wide range of items so please always check before making new items that we may not be able to use. We occasionally share knitted items with those who need them if we have too many for use in the hospital. Please be assured that all will be given where they are needed.

Please put any finished items in the post to us at Colchester Hospital Charity, Villa 8, Colchester General Hospital, Colchester CO4 5JL, or pop in to see us as we love to see what everyone has created. It takes great skill to knit and we take our hats off to you all. Some of the creations we have seen over the years have been incredible!!

**Neonatal unit and maternity wards:**

Hats - in a range of sizes are always useful for neonates and premature babies

Blankets – for the neonatal unit should be approximately t-towel sized

Matinee Jackets – can be given to babies to take home but are not used in the hospital

**Care of the Elderly wards:**

Twiddle muffs **-** These look like an open-ended sleeve and are a knitted cylindrical tube with buttons and ribbons on the inside and outside. These are used as distraction for our dementia patients (generally our elderly patients) to give them something to fiddle with rather than medical lines.

If you would like the instruction sheet for these please click here

**CHRISTMAS, EASTER and BIRTHAYS**

**Children and babies:**

Knitted bunnies and chicks which can have small Easter eggs in e.g. the crème eggs or caramel chocolates, are brilliant gifts for children in hospital over Easter.

Knitted teddies and animals can be used to distract young children during difficult procedures and also as birthday or Christmas gifts

**Older people:**

Knee rugs can be given to patients who are due to go home and will help them to keep warm when they are sitting still.