**Twiddle Mat Crochet Pattern**

**Guidelines:**

Please avoid using –

* Types of material that can be easily pulled apart
* Any attachments less than 3cm in diameter
* Wide toothed zips
* Ribbons containing wire
* Pom poms
* Things that are brittle or can break easily, such as clay beads

All suitable embellishments must be very securely attached to withstand rough treatment.

Decorating with knitted/crocheted buttons or flowers is a good idea.

Consider sewing on a pocket for keeping a favourite photo, a spare hanky, or simply to amuse busy hands.

**Required:**

Double knit yarn or Aran (10 ply) yarn

4mm hook or 5mm hook

Embellishments (e.g. buttons, ribbon, plaits, crocheted flowers, crocheted buttons – things that can be ‘twiddled’ and won’t break or come apart! Please avoid using ‘hairy’ wool that can come apart if tugged)

**Instructions:**

It is advised that you use the half double crochet (HDC) stitch, but you can use any stitch.

Chain 60 (you can chain any number you like if you want to make a different size).

Row 1: In the third chain from the hook, place a HDC. Word 1 HDC into each chain across the row. Chain 2 and turn the work.

Row 2: Insert the hook into the first stitch and work one HDC into each stitch across the row, chain 2 and turn.

Now keep repeating row 2 until you reach your desired length.

Crochet 42 rows and the mat in this case will measure 33cm.

Attach some twiddle items. Embellishments (e.g. buttons, ribbon, plaits, crocheted flowers, crocheted buttons – things that can be ‘twiddled’ and won’t break or come apart! Please avoid using ‘hairy’ wool that can come apart if tugged).

Then create the packing to cover the backings of the twiddle items have been attached. You could do this by creating the same size as the one you just worked on.

Attach this backing onto the twiddle piece temporarily using safety pins.

Crochet the two pieces together with yarn and SC.

Thank you to [Project Twiddles](https://www.projecttwiddles.com/) for the pattern: [Creating a twiddle blanket/mat – Project Twiddles](https://www.projecttwiddles.com/creating-a-twiddle-blanket/)

**Please send all completed Twiddle Mats to:**

**Wycliffe House**

**Northern General Hospital**

**Herries Road**

**S5 7AT**