

## REQUEST FORM

### Mitts for Men – Sheila’s Campaign

Twiddle mitts are simple, knitted bands that have items attached so that someone living with dementia can twiddle the band or mitt in their hands. Mitts are usually colourful, with lots of different textures and typically have ribbons, zips, buttons and keys attached. Each one is unique, and they can really help some people living with dementia. They can be particularly useful in easing the anxiety experienced by someone when their environment changes; perhaps through a hospital stay or move into a care home setting.

Twiddle mitts are often in more feminine colours, and we want to make twiddle mitts which are more likely to appeal to men with themes such as; football, gardening, cricket, rugby, fishing, motor sport and military themes. Depending on the waiting list we anticipate that mitts may take approximately eight weeks to be made, checked and dispatched. To request a free themed mitt for residents in Ashfield or Mansfield please contact Sarah Taylor on 01623 555 551, email [s.taylor@ashfieldvoluntaryaction.org.uk](mailto:s.taylor@ashfieldvoluntaryaction.org.uk) or complete this request form and return to:



Sarah Taylor, Health & Wellbeing Officer, Ashfield Voluntary Action, Ashfield Health Village, Portland Street, Kirkby-in-Ashfield, Nottinghamshire, NG17 7AE.

<b>TWIDDLE MITTS FOR MEN &amp; THEMED MITTS</b>			
<b>Un-themed Mitt for a Man</b>			
<b>Football</b> (Please ✓ Club)		<b>Gardening</b>	
Mansfield Town Football Club		<b>Motor Sports</b>	
Nottingham Forest		<b>Armed Forces</b> (Please ✓ Force)	
Notts County		British Army	
<b>Cricket</b>		Royal Navy	
<b>Rugby</b>		Royal Air Force	
<b>Fishing</b>		<b>Other Theme</b> (please state below)	

<b>CONTACT DETAILS</b>	
<b>Name</b>	
<b>Address</b>	
<b>Contact  Number</b>	
<b>Any Other Relevant Information?</b>	

**PLEASE COMPLETE THIS FORM & RETURN TO: SARAH TAYLOR - ASHFIELD VOLUNTARY ACTION**