


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.

Depending on the waiting list we anticipate that mitts may take approximately eight weeks to be made, checked and dispatched. To request a free mitt for residents in Ashfield or Mansfield please contact Sarah Taylor on 01623 555 551, email 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.



CONTACT DETAILS	
Name	
Address	
Contact  Number	
Any Other Relevant Information?	