



## **KNIT-FOR-NOWT NEWSLETTER SEPTEMBER 2021**

During the past few months since our last Newsletter families have been struggling to deal with the results of 18 months of lockdowns, school disruption and huge social and economic worries. We are told constantly how badly this has affected many children, and how vital it is for therapists to have the resources to help. Your work making worry monsters and therapy hand puppets is incredibly important, and also incredibly kind. The therapists all send you a heartfelt thank you.





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## LATEST NEWS

What a roller coaster we've been on since we opened up the waiting list on May 1<sup>st</sup>! You have supplied Knit-for-Nowt with a fantastic amount of items and we've been able to help so many therapists and children as a result of your kindness. A huge thank you goes to everyone who has sent in an item. But sadly it doesn't seem that our work is done! There is still a massive need out there from Social

Services Child Protection teams, Adoption and Fostering teams, bereavement charities, Play Therapists and ELSA therapists, (Emotional Literacy Support Assistants), dealing with so many issues such as abuse, neglect, illness, disability, autism, school exclusion, learning disability, bereavement etc.

NUMBER OF ORDERS  
COMPLETED  
SINCE MAY 1ST

353

**SO WE STILL NEED YOUR HELP PLEASE!**





## NEWS FLASH!

### THE KNIT-FOR-NOWT LUCKY DIP COMPETITION IS BACK!

We have a brand new competition for autumn 2021

This competition is NOT JUDGED, IT IS A LUCKY DIP

We're very pleased to announce our very exciting new **"ANIMAL WORRY EATER" PATTERNS**, which are now on the website. Huge thanks go to our fantastic pattern makers: Val, Mary, Denise, Vanessa, Ruth, Elizabeth and Christine and to Jen for her invaluable help with formatting the patterns.

To encourage everyone to have a go and knit these patterns we are holding another Lucky Dip competition, which we hope that you'll enter.

You can use any of the patterns for animal worry eaters on the website [www.knitfornowt.org](http://www.knitfornowt.org) , either ones which have been on the website for a while, or our new ones.

The competition rules are on the next page, followed by pictures of the choices available. Those details, along with the full Terms and Conditions can also be found on a new "Competition 2021" Page on the website

Although this competition is not for worry monsters, hand puppets, or finger puppets, but for **animal worry eaters only**, please continue to make all the other items which we need, as to fulfil the demand we're going to need every single item that you can make.

So please continue to send along any of the items on our "Wanted" list on Page 13, with or without a competition entry/entries.

And don't worry, your competition entry items will not be held back until the date of the draw, but donated in the normal time frame

**Knit an animal worry eater for Knit-for-Nowt**, and if your item is picked out in our raffle you'll win a prize. Even if not picked, all items entered will be guaranteed a place on a new Competition Gallery on the website for all your friends and family to admire!

- Your animal worry eater must be knitted or crocheted, (sorry, no sewn items), using one of the patterns on the website:
- <https://www.knitfornowt.org/competition-2021>
- Choose from: cat, frog, dog, teddy, monkey, ape, bunny, elephant, owl, pig, caterpillar, bee, penguin. Brand new patterns for these are now on the website
- Items must adhere to the safety rules displayed on the website
- Minimum height from top of head to bottom of body, (not counting the legs), must be 12", (maximum height 17")
- Deep pocket which must be the mouth (not tummy pocket)
- The item must be stuffed firmly, and in addition have stuffed arms and legs
- Any colours of your choice – but please keep them bright
- Any number of entries are permitted – enter as many as you like
- Please label clearly each item you wish to enter, giving your full name, email address and the word "Competition"
- This competition is for animal worry eaters only – no worry monsters or hand or finger puppets can be entered, but please do continue making those if that's what you prefer to make – we still need them, and how!
- **Competition start date...NOW. Closing date for entries...Saturday November 6<sup>th</sup>** Please ensure that you get your item to Knit-for-Nowt by this date
- **Lucky Dip choice** will be made during the week beginning November 8<sup>th</sup> by a Senior therapist
- **Prizes:** 5 lucky dips picked out will each win a £20.00 gift voucher for the online shop [www.blacksheepwools.com](http://www.blacksheepwools.com)
- **A photo of your item is guaranteed to be in a special Competition Gallery on the website, whether you win or not!** No need to photograph your item, we'll do that at this end, we'll give it a raffle number, and then immediately donate it, so your work will get to its recipient in exactly the same time frame as normal

**Please see the Competition TERMS AND CONDITIONS on the new "Competition 2021" Page on the website. By entering an item or items you are agreeing to these conditions**

To enter our Competition, please choose from the following:-

Patterns are on the website: <https://www.knitfornowt.org/competition-2021>

Caramel the Cat



Fudge the Frog



Humbug the Hound



Toffee the Teddy



Minty the Monkey



Anised the Ape with Minty



Bonbon the bunny



Jelly the Elephant



Olly the Owl



Cheeky Trotter



Candy the Caterpillar



Butterscotch the Bee



Doodle the Dog



Popcorn the Penguin



## NEW CROCHET PATTERNS

Our crocheters Anne-Marie and Sally have put their heads together and come up with an improved version of the **“toothy” crochet worry monster**. Basically we felt the old pattern was rather too wide, making it very heavy and needing a lot of stuffing. Also we have now a version with English terms and also American terms, so you can use whichever you are used to. The new pattern is now on the website.



If you haven't donated for a while please note that sometimes it's necessary for us to edit and adapt our patterns, according to advice from therapists as to what they need, or because we've found a glitch or an easier way of knitting them! So please keep checking the patterns on the website, which will be the up-to-date ones, thank you.

**CROCHET WORRY CATERPILLAR:** two versions, with and without zip - pattern on website



## EXAMPLES OF RECENT REQUESTS AND FEEDBACK

### **Karen – Play Therapist, Edinburgh**

Message: Hello I am a qualified children's therapist, delivering play therapy to children in two primary schools in north Edinburgh. Both schools are in a very socially and economically deprived catchment. Many of the children and families I work with have experienced multiple adverse childhood experiences including abuse, neglect, parental mental ill health, parental substance abuse, domestic abuse etc. My case load has increased following the pandemic and I am now carrying a case load of around 23 children a week. The costs of having to provide separate play kits per class 'bubble' have been enormous, (to reduce infection risk), and as I am self employed I meet these myself in the main. I would be extremely grateful for a worry monster that I could use in small group work, and any hand puppets, but particularly 'scary' ones would be most welcome. Anything would be welcome to be honest. What a wonderful idea. Many thanks.

### **We sent Karen a box of 6 worry monsters and this is her reply:**

The worry monsters arrived today. I'm really quite overwhelmed! They are absolutely wonderful, so beautifully made and so creative. I feel very moved by the obvious effort, thought and kindness that has gone into them. I am already planning the many different ways I can use these monsters - they will be great for whole class work, small groups, as well as individual therapeutic work. I am sure the children are going to respond really well to them. I can't wait to get into school next week and get started, what a wonderful start to the term. It's lovely to feel supported in this way by people I have never met, in the work that I, and many other children's therapists, do. Thank you so much!

### **Dawn - Integrative children's counsellor, South Yorkshire**

Message: I am an integrative counsellor working with children and young people. Most of the children I see have an array of mental health difficulties, many are in crisis. I often use magic keys and fairy doors, to facilitate role play. Once they step into this world they really let me in. These puppets and worry monsters will really enhance my practice, encouraging my clients to "open up and take me to their safe place".

### **Dawn received a box of monsters - here's her reply:**

When I opened the box I was full of emotion. I felt so overwhelmed and even had a little cry. My tears were tears of happiness, as I know just how valuable these will be, not only in my practice, but with the children that I work with. We haven't met, but you have a heart of gold. You are making such a huge difference in the world that we live in.

**WAYS THAT OUR SEWN MOJO MONSTER CAN BE USED**, particularly with children finding difficulty expressing or identifying emotions, eg. autism. For the sewing pattern:

<https://www.knitfornowt.org/new-sewn-items-page>

“Going to school makes me feel worried”

“Playtimes make me feel sad”



“My teacher makes me feel happy”

“If my friend isn’t in school I feel sad”



In addition to the emotions here we also include flaps depicting anger and shock/fear

# “You can tell me anything, I’m a puppet!” Why Play Therapy Works

## THE USE OF HAND PUPPETS IN THERAPY

### American Psychological Association

Puppets are the quintessential childhood toy whose power to stimulate the imagination cannot be replicated by modern electronic toys that flash and beep. Puppet play therapy is a form of play therapy that involves the use of puppets by mental health professionals for diagnostic and therapeutic purposes. Puppet play therapy has become a mainstream practice in contemporary child psychotherapy.

### Shereene Carnegie, Dramatherapist

I often use puppets with clients who have SEND (e.g. autism) and mental health disorders stemming from issues such as bereavement and domestic violence.

Puppets can take on different roles; they can be held, talked to and enable clients to explore difficult themes at a safe distance through interacting imaginatively with them. In symbolic play they might be a friend or someone the client has a difficult relationship with. They can also be used for story-telling that is based on fantasy or reality. Clients are then able to work through problems and find strategies for dealing with them. The puppets also provide the option for clients to try things out that they have not dared to do in real life.

Puppets can be used with both individuals and groups. Group members can either participate in a story or situation or be a witness to it. They come in a variety of shapes and sizes ...In therapy it is important that clients have a wide range to choose from in order to decide the type of puppet they would like to engage with. For example, a child who is non-verbal may be drawn to a silent puppet.



## KNIT-FOR-NOWT HAND PUPPETS

Patterns are on the link: <https://www.knitfornowt.org/new-knitted-puppet-patterns-page>

If you can knit hand puppets we are always very short of the **happy/sad sided family sets** of Mum, Dad, Gran, Grandad, boy, girl, plus the **professionals sets**, (which need only to be happy sided), of doctor, nurse, police, judge in robes, social worker, teacher, and “professional in a suit”, (to represent any character such as judge out of robes or advocate etc.). The waiting list for these sets is very long, as most therapists ask for them.



**We also need identical pairs of hand puppets.** These have been requested by fully trained and qualified Play Therapists, who use them for a technique called “mirror work”. We have previously supplied some identical pairs of monsters, however these tend to make our boxes rather heavy, and so they can go over the weight limit. Just as good would be pairs of hand puppets for this work.

So could you possibly make some pairs of hand puppets please? Ideally they would be gender neutral, but knitted to the basic boy/girl pattern, or you could make them into an animal by adding a different head if you wish, see below, and ideally happy/sad sided.

These ones have felt for the heads, or you can knit the head as normal, your choice.



## **WE'RE ALWAYS SHORT OF MONSTERS OR ANIMAL WORRY EATERS FOR USE WITH CASES OF ABUSE.**

It's a sad fact that this is a widespread issue, and almost all therapists have come across the abuse of children in varying forms, and/or domestic abuse involving a parent or carer. Some therapists are working exclusively with these children, in what must be an extremely challenging job. We want to give them the tools to support that vital work.

It's totally understandable that some knitters prefer not to make these sorts of items, but this does result in us receiving far fewer of them, so it's not always possible to supply a "bruises" monster or animal worry eater to each therapist that needs one.

The item is only meant to represent abuse in general, so there's scope for adding differing marks, it's your choice. It's generally a good idea to give a "black eye" and then some bruise or scratch marks. These can be done by adding pieces of black, purple or red felt, or you can embroider or knit them. Here are some examples:



### **Karen – Play Therapist**

*Please extend my thanks to Janet in West Yorkshire for "Monster with Bruises" - this is an amazing monster, so thoughtfully designed and made. I work with young children, some of whom have faced very difficult circumstances and this is an excellent addition to my 'kit' for working with them therapeutically. Thank you so much!*

### **Lindsey - Thrive Practitioner**

*Omg I've just received my order.....I am crying, what a beautiful and wonderful package to open....I am so, so happy and I can't wait for the children at work to see them – and we can use them together xx. You don't know how much this will mean to some of the children – I cried when I saw the monster with bruises, as this is very, very relevant for one of the little boys I work with xxxx Thank you so, so much xxx*

## SUMMARY OF ITEMS NEEDED

All patterns for the items below are now on the website

- 1      **Worry monsters** – the basic monster pattern contains patterns for all additional features – please include at least 3 on your monster. “Toothy the Worry Eater!” monster is also very popular
- 2      **Worry Eaters (which aren’t monsters!)** – we now do cat, dog, bear, monkey, rabbit, frog, pig, caterpillar, bee, owl – please ensure that you make a really good, deep pocket in these
- 3      **Sewn Mojo monsters** – the knitted version didn’t prove so popular and it was more difficult to get good facial expressions, but the sewn version is just about the most popular item requested
- 4      **“Body Image” worry monsters**, both in knitted and sewn versions, identical in height and colours, but one is fatter, one thinner. Make up your own, or use our patterns
- 5      **Disability monsters** – if only one leg or arm, please make a stump, it looks more realistic
- 6      **Abuse monsters** - simply add a crescent shape around one eye, (black eye), and some purple, red or black marks on the limbs by sewing on pieces of felt, knitting or embroidering them
- 7      **Masks and pants for monsters** – if you send a set of them we can fit them on the monsters here, or make your own for your monster. Please now use the larger version of the pants pattern, which is on the website, as our monsters are now bigger than previously
- 8      **Hand puppet families with happy/sad sides** – Mum, Dad, Gran, Grandad, boy, girl, with siblings if you like. With faces in cream or pale pink yarn, or any shade of brown, but not black
- 9      **Hand puppet families as above, but specifically Muslim or Asian**
- 10     **Bully hand puppet and Internet groomer hand puppet**
- 11     **Pairs of identical hand puppets** for Play Therapy “mirror” work – these could be “people” or animals
- 12     **“Professionals” sets of hand puppets:** doctor, nurse, police, social worker, teacher, and judge in robes. We’d also like if possible a “professional in a suit”
- 13     **Animal or children’s character hand puppets** – feel free to use patterns available online. As it’s for charity we’ve never had a problem with that, but we’re unable to put them up on the website due to copyright.
- 14     **Transgender hand puppets** (one side male, one side female)
- 15     **Finger puppets** – use any pattern you like
- 16     **Pregnant monster and pregnant hand puppet**

## PICTURES OF ITEMS PARTICULARLY NEEDED (in no particular order!)

The MOJO sewn monster



Large sewn monsters



Sewn puppets families



Knitted puppets families



Professionals sets



Disabled monsters



Toothy



Body image



Bruises



Animal worry eaters of all sorts - please take part in our new Lucky Dip – see Pages 4-5



## RECENT FEEDBACK FROM RECIPIENTS – a selection



**Jemma - Play Therapist for the Therapeutic and Specialist Services, which is a branch of the Early Childhood Partnership, supporting families affected by domestic abuse in Bedfordshire**

*Many thanks for the wonderful worry monsters! I've already had some positive reactions from some clients yesterday- with one child being more able to express her anger and frustration thanks to the changeable feelings on one of the monsters. I am so grateful to you and the hard work of the knitters- I know the monsters will help the children hugely.*

**Mags - counsellor and Clinical Supervisor, working with children/young people who have experienced sexual violence**

*I am actually emotional writing this. The puppets and worry monsters arrived this morning. Oh wow. I am practically speechless. The attention to detail, skill and love that has gone into creating these is amazing. I know how helpful these are going to be for supporting children and young people who have experienced abuse and neglect. Thank you feels rather inadequate but I can't think of the appropriate words that do justice.*

**Alexandra - Education Mental Health Practitioner working with children suffering with worry, low mood and anxiety, East Lancs Hospital Trust.**

*Wow wow wow wow wow is all I can say! These little chaps just arrived and I feel so grateful and so lucky. Thank you to all you incredibly talented knitters! I will be forever grateful to you all x*

**Bev – Special Educational Needs school, Nottingham**

*Wow I'm blown away by how amazing the worry monsters are. Our students at Foxwood will find them so useful and tactile to accommodate their additional needs. I love them all, but my*

*favourite is the worry cat, and how fantastic is Mojo with his emotions, as we work on these so much. The NSPCC ones with their masks and pants will help so much.*

#### **Claire – “Kalmer” Counselling**

*I'm absolutely blown away by the worry dolls. The time, effort, care and creativity put into them is just amazing. I would like to say thanks to all involved. I am so happy with them. I know the children will love them. Thanks again I'm over the moon*

#### **Specialist Counsellor and Play Therapist, West Midlands**

##### **Request:**

*I work as a Specialist Counsellor...I use play therapy in my sessions and these wonderful worry monsters and puppets would be a wonderful addition to the resources I use. I work with children who struggle with high levels of anxiety, who find returning to school very difficult and returning to a routine within the covid-safe environment. On a personal note, I am also mum to a 9yr old boy and 6 year old girl, and tragically we lost their father and my husband (at 38 years old) to Covid in November last year. I feel these resources would also help them, especially my son who is struggling with the thought that he will lose me too. Thank you for considering my application, this is a wonderful and kind thing you are doing. Warmest regards*

##### **Response:**

*Dearest Clare*

*I came home today to find two boxes full of the most wonderfully created, beautiful and unique puppets and monsters. They blew me away with how intricate and perfect the workmanship was; my two children were beyond excitement as they looked at each one. I can't thank you enough for your generosity, please extend my heartfelt thanks to the whole of the team.*

#### **Toni – Play Therapist, Essex**

*I wanted to share the comment of one young person's delight when they spotted your 'ethnic happy/sad sided family set, using brown/tan coloured yarn for the faces' which are now available in their sessions. "Oh wow, they look like me and my family!" The child then selected which puppet would represent them and other members in their family. The session was off, she had the resources to fully express herself and tell her story.*

*That opportunity is thanks to your team and their kindness. I only wish you guys could have heard it themselves from the child - such a positive impact and valuable addition to my tool kit. THANKS again .*

#### **Children's therapist**

*Wow, I've received my box. What can I say other than I have been in tears, and I'm just feeling so overwhelmed with the worry monsters. I honestly can't thank you and the knitters/crafters enough. I know the difference these will make to the children that I see. Absolutely incredible...I'm totally lost for words. So much kindness. I keep going back in to take another look at them. I feel it's important to acknowledge and show appreciation for the love and time that has gone into every one of these. So I would like to send each person a thank you card – I'm totally blown away, thank you once again. The work you all do is incredible.*

Cindy– ELSA therapist in a Special School, Wilts

Daisy is 6 and has had issues in class which she shared with her choice of monster.



**Helen – Children’s Counsellor, Surrey**

*Hi Clare, they have arrived and I’m absolutely blown away, (and a bit weepy!) by the generosity and creativity. I cannot wait to take them into school tomorrow and show the rest of the inclusion/pastoral team, not to mention the children! x*



**Sharon – ELSA, East Sussex**

*Oh gosh! My monsters are here! Thank you so much, they are amazing! Reduced me to tears. Thank you for doing this amazing Charity, the help it will give my children will be immense.*

**Julie – ELSA, Berkshire**

*Massive thanks, they arrived this morning. I am so excited to start using them next week with our lovely children. Please pass on my thanks to the lovely volunteers who made them, if only I was so talented! X*

**Louise – Social Worker doing Therapeutic Life Story Work with “Looked After” children, Devon**

*Oh Clare I cannot begin to say how grateful I am and how amazing and wonderful all of the worry monsters are……. I cannot wait to share with colleagues and use in my work. They are just wonderful :)*

**Natalie – trainee Play Therapist, Luton**

*I have received the worry monsters and I just want to say how amazing they are! I can’t even express how helpful these will be for my clients, so well made. Thank you to all the wonderful people who are part of this charity. I am forever grateful.*

**Charlotte – Primary School, Bucks**

*Just wanted to say a MASSIVE thank you. I received my monsters today and am just blown away, they are superb*

**Sabina - psychotherapist, London**

*The worry monsters have arrived and they have exceeded my expectation. They are absolutely tremendous and will be so useful for my therapeutic work with children. Thank you SO much and of course thanks to the knitters. Absolutely amazing.*

**Vikki - ELSA, Primary School, Cardiff**

*We have been teaching the NSPCC Pants lessons and were lucky enough to receive a Pants monster in our delivery. The children really enjoyed having the monster join in. They asked any embarrassing questions by placing them in his mouth - they also asked his name and if he was enjoying it in St Monica's :) Thank you*

**Independent Children's Counsellor, working in schools and private practice.**

*I wanted to extend an enormous thank you for sending us such a bumper box of worry monsters and puppets. We've only had them in situ for a couple of weeks and they have already been enormously useful for myself, (school counsellor), and also the SENCO, ELSA and Family Liaison. Here are some (anonymised) examples of how they have been put to work to make a difference for our kids, many of whom have complex issues and difficult lives.*

*Our family liaison worker has used the judge, police and social worker 'helping professional' puppets to explain and familiarise a 9 year old child with some of the processes that they will be experiencing as their father goes through criminal proceedings and decisions are made about their future care arrangements. This is obviously an enormously distressing time for this child, and the gentle, playful approach of puppet use helped to provide containing distance, to soften the emotional intensity without distorting the communication.*

*An 11 year old child who is a young carer for their mother, who has mental and physical disabilities, sat chatting with our ELSA with one of the worry dolls on her lap, cuddling it intermittently. With old-beyond-her-years maturity and cynicism, she was initially doubtful whether the worry monster could actually take away her burdens, however our ELSA suggested that she used it to "look after some of them" for a few hours while she was at school. The child smiled and nodded and this worry monster now sits in her classroom where we've heard she's encouraged some of her friends to start giving it some of their worries to look after as well.*

*In the therapy room, working with an autistic Year 4 child who has difficulty reading and expressing emotions and is also selectively mute, I have been using the changing expressions worry monster. She has been thoughtfully flipping through the different expressions and we have practised acting them out ourselves as I provide the emotional language to go with each. I also started asking her to show me what each face 'needed' from other people. When we got to an angry face she gave the monster a big cuddle.*

*I have also found the pair of 'body image' monsters really helpful in working with a Y3 boy who has a complex medical condition, and struggles with a sense of difference versus other children, and especially his twin brother.*

*They are all going to be very well used in the months and years ahead and are enormously appreciated!*

**Thank you letter to one of our sewers, Pat, received from Sally – Special Educational Needs Coordinator, Primary School, Southend**

To Pat,

We are Rainbow class, we range in age from 7 years to 11 years old.

MH- "Hi Pat, thank you so much for our lovely worry monsters, how did you know to put all of the things we love on it, Cuddles is now an official part of Rainbow Class, Thank you so much".

HL- "Cuddles is very nice, he will be very important by helping us to not be worried".

MD- "Thank you"

RT- "thank you very much for Cuddles, we all really like him, also how did you know that blue eyes is one of my favourite types of eyes? Thank you so, so, much. You have done an amazing job of making Cuddles. I really like that he has long arms that he can hug me with. From RT".

SHB- "Thank you".

KE- "Cuddles, is very, very nice and cute. Thank you Pat".

RC- "Cuddles, the worry monster looks very cute, and I do have a lot of worries thank you!"

AO'B- "Thank you"

GM- " Thank you for Cuddles"

We would all like to say a massive thank you for spending your own money and time to make such a special gift for our class, we really appreciate Cuddles and we promise to take good care of him.

## ARTICLE FROM THE DAILY TELEGRAPH

Five year olds are suffering panic attacks about meeting their friends, NHS leaders have said, amid warnings 1.5 million children will need mental health treatment in the wake of repeated lockdowns. Experts said young children had become increasingly anxious, with some fearful of leaving their homes, amid an explosion of “locked-in-trauma” across the country. Many children are suffering behavioural problems as a result of lockdowns, social distancing and fear of infection, with many anxious about everyday social activities.

Forecasts seen by the Daily Telegraph state that an extra 1.5 million children and young people will require mental health support “as a direct impact of the pandemic” during the next five years. Dame Rachel De Souza, the Children’s Commissioner for England, said a survey of more than 550,000 children – the largest such poll – would show mental health to be the greatest concern of this generation of children. She said her visits across the country, as part of a forthcoming commission, had found children suffering “locked-in trauma” and struggling to adjust to changes since the pandemic.

At a meeting run by the NHS confederation, one senior health official said: “My five year old is housebound because she’s too scared to go away from the house, never mind to school.” Another told how her young daughter, now undergoing counselling, had a panic attack about going on a “play date”, after a year of enforced lockdowns and social distancing.

Dame Rachel said: “I’ve been around the country and seen those sad little faces...putting arms around their friends as they tell me about having the trauma from losing a grandparent...coming out of lockdown and not knowing how to make friends any more, not knowing how to talk to anyone else.”

The rise in demand has heaped pressures on the NHS Child and Adolescent Mental Health Services, with waiting lists for a first appointment as long as four years in some areas.

During the 12 months since the first lockdown, 420,504 children and young people have received NHS treatment for mental health problems, an 11% rise. But experts say this is just a tiny proportion of those who need help.

The pandemic has caused a surge in mental health problems in young people, with one in six under-18s thought to have a diagnosable condition, such as anxiety, obsessive compulsive disorder or eating disorders.

## GALLERY

You are so generous and donate so many fantastic items it's not possible to feature them all each time in our Newsletters. So each Newsletter will feature a different type of item.

### CANINE CORNER

The pattern for this “worry dog” is on the website, and in addition we have a different choice of dog pattern now there as well – please knit whichever you like. This isn't a toy, all our items are for use in therapy. It has a deep mouth pocket for worry papers



## FEATURED WORRY MONSTERS THIS MONTH

We prefer you to use our patterns, as they have been very carefully thought out in consultation with the therapists, but there's still a lot of scope for using your own creativity within the bounds of the pattern. But if you're new to Knit-for-Nowt and want to make your own design, before sending your monster please send Clare a picture of it first, to ensure it's going to be what this charity needs, thank you.







The list of therapists/workplaces which have received our items is now getting so long that it's impractical to include it in the this Newsletter. So please see the website, where you'll find a full list.

The therapists are hugely grateful to you for making them these fantastic items, which are so very important to their work. The reason we get so many requests is that our items show love, care and attention, and are of a high quality, so please don't feel rushed. The attention to detail is what makes our items so special, and so very much needed. But we couldn't exist if it wasn't for your amazingly generous help, thank you so much again.

**Mo - Play Therapist, Somerset:**

*I am absolutely blown away by the quality of what you sent me. If there is any doubt in the world about the quality of humanity these days, this just goes to show how wrong that doubt is. It warms my heart to know there are people out there thinking of these children, (and me!) ...what an amazing thing you do. Please pass on my heartfelt gratitude and love.*



Clare Allan

Knit-for-Nowt

September 2021

[www.knitfornowt.org](http://www.knitfornowt.org) email: [knitfornowt@gmail.com](mailto:knitfornowt@gmail.com) 07538 157487