



## KNIT-FOR-NOWT NEWSLETTER JANUARY 2019

Firstly thank you so much for all your help and support during 2018,  
and Knit-for-Nowt wishes you a very Happy New Year.



## What's in this Newsletter?

Page 3/4	Overview of the past year at Knit-for-Nowt
Page 5-8	Worry Monster pictures
Page 9	Summary of hand puppets needed
Page 10-14	Hand puppet pictures
Page 15-18	Feedback from recipients
Page 19-25	List of teams who have received our items so far
Page 26	Safety regulations
Page 27	Contact details

### Quick requests from Clare please:

- Please could you tie your 3 Emotiknit puppets together with a piece of yarn, loosely joining them – that's so they don't get separated when donated – it will save me a job!
- Please only use embroidery thread for the mouths on hand puppets – 3 strands is best and a chain stitch works well.
- Please only use toy approved stuffing with a CE or BS label on the packaging, as opposed to other stuffings which are CE or BS labelled but are not intended for toys, eg. for cushions, duvets etc.
- On the website there is a "Frequently Asked Questions" page which you may find helpful, but if you have any questions or suggestions please do email me.

## **2018 OVERVIEW**

2018 was a very successful year for Knit-for-Nowt and we're proud to announce that so far we have helped 219 teams altogether across the whole of the UK. For those without access to the website, a full list of the teams is given at the end of this Newsletter.

**Each team has many workers in it, varying from about 6 to several hundred in some authorities, and we send out numerous items to each team, so the total number of items sent now runs into the thousands.**

In particular I'd like to give a very special thank you to you if you've contributed items regularly throughout the year. I do understand that it's quite a commitment, taking into account the costs of materials, postage and above all your time and skills. This makes it all the more wonderful that you continue to send in items. I am amazed at both your kindness to children that you'll never meet, and also at your creativity in making the items so child friendly.

The situation regarding child cruelty or neglect has sadly been getting worse. The following tells us some recent figures:

***"The number of parents prosecuted for child cruelty or neglect has doubled to almost 17,000 in the past five years, amid concerns over rising drug and alcohol misuse and mental ill health, police figures reveal.***

***The data, released by the NSPCC, showed there were 16,939 cases of parents deliberately neglecting, mistreating or assaulting their children in 2017-18, up from 7,965 in 2012-13.***

***It mirrors the number of calls made to the NSPCC's helpline - 19,937 last year, about children suffering neglect, with three quarters referred to police or children's services."***

\* Source: The Daily Telegraph Tuesday 4th December 2018

I still don't know of any other charity supplying our kind of items, so if you find one please do let me know!

We've supplied many Social Work Child Protection and Safeguarding teams, fostering and adoption workers, Art and Drama Therapists, and also charities helping disabled children and those with mental health issues and conditions such as autism. We've also sent to primary, secondary and special schools, all of which now take into their care children with special needs and also those with problems at home.

Your items have been so very much valued by these workers and we have had plenty of very positive feedback, a selection of which is later in this Newsletter.

The Lucky Dip competition which we held in the summer brought out the very best of your creativity, and gave us all a fun impetus for making items. It was so successful that another one will be held this summer. Even though there were only a few winners, knitters and stitchers were delighted to see their creations on our competition website galleries for all to admire!



A GREAT BIG THANK YOU



Hilltop School

Hexus Multi-Academy Trust Special School 2-19 Years



## MONSTERS IN 2018

This year also saw the launch of several new monster and puppet designs. Huge thanks go to all those who offered their own unique patterns. The new Mojo has proved popular with therapists and also the “Emotiknits”. Patterns for these can be found on the website.

In addition there have been numerous creative ideas sent in, for which heartfelt thanks. Sorry that there isn't the space to put everyone's into this Newsletter, but please see the website for more design ideas. Just use any basic pattern and then embellish it with your own creativity.

Especially needed are worry monsters which have added features such as **LEGS, ARMS, FEET, HANDS, HAIR, TAILS** – any or all of those!

Here are some of the ideas which knitters/crocheters and stitchers have come up with!









And even a basic monster, below, can look so cute when felt ears and feet are attached – this one uses safety eyes (more expensive, but so effective!).



## A summary of the hand puppets needed.

**Hand puppet families** – Mum, Dad, Gran, Grandad, boy, girl and extra family members if possible – extra boys/girls, auntie, uncle etc. – all are useful for children from larger families.

These family members should be **happy on one side and sad on the other**, and please use **embroidery thread (3 strands is best) for the mouths** rather than knitting yarn – it makes them much easier to do and more realistic!

We need white faces and also ethnic tones (any tan or brown yarn but not pure black thanks.) We also need Muslim and Hindu families (patterns on the website.)

**Please ensure that you've checked the safety regs on the website**, and in particular do attach everything extra firmly. The hair needs to be so firm that it couldn't be pulled out by a child – there is a document on the website patterns page which contains lots of different ideas for attaching the hair.

The basic patterns for these are on the website patterns pages, and then please use your own ideas and creativity to add to them.

### Professionals – doctor, nurse, police, judge, social worker, teacher.

Again patterns are on the website or use a basic boy/girl pattern and adapt it. These don't need a happy/sad side, just a happy smile.

**Worry puppets** – these are normal puppets such as animal ones but with an added pocket for worries. They are normally unstuffed. There are some patterns on the website or just add a pouch to the puppet you're making.

### Animal puppets – any

**Character puppets** – eg. Harry Potter, Superhero, princess, fairy, or any other character from a children's story or show. Normally patterns for some of these would be copyrighted, but if you make the pattern up yourself we've never had a problem with that.

**Finger puppets** – any types including animals. These don't need a happy/sad side.

### SOME INSPIRATIONAL HAND PUPPETS

Again apologies if yours isn't featured here due to limited space.











## RECENT RECIPIENT FEEDBACK

### Primary School, Widnes. Family Support Worker.

Hello and thank you for your wonderful work! I am a Family Support Worker in a school for primary aged children with severe and complex special needs. I undertake 1:1 work with children who have high levels of anxiety and have used the concept of Worry Monsters before. The children benefit greatly from having a resource like this: unfortunately, our school budget is smaller than ever so purchasing anything is difficult. It would be very much appreciated if you were able to spare a worry monster for our school, as it can live in my office and be used for all the children I work closely with. Huge thanks, in advance.

Louise

Hi Clare,

I have just this minute received your parcel & am overwhelmed at the generosity of your charity. The puppets and worry monster are AMAZING!!!! Our children will be THRILLED with them.

Please pass on our thanks to all your 'knitters'. Their handiwork will be used to help our children share their thoughts, feelings and worries so they can work through their issues and become happier in their daily lives.

Here are the puppets on our 'Sharing Sofa' - I can't wait to get started with them!



### Barnardo's, Willow Young Carers Administrator, Leeds

Dear Clare,

I am writing to you on behalf of our charity, Barnardo's Willow Young Carers. Our service supports vulnerable children and young people aged 5 – 17 years old living in the Leeds area of West Yorkshire, who are looking after, or are affected by, a family member with a physical or mental health illness, disability or substance misuse problem.

Young carers often become marginalised from their peers due to the additional responsibilities they take on in their caring role, (typical tasks carried out by young carers include cooking, housework, shopping or physical care such as helping someone out of bed or helping them to wash or dress, these jobs are sometimes carried out by children as young as five), which in turn limits opportunities to spend free time with friends and enjoy play experiences.

We are writing to you specifically regarding a donation to the emotional wellbeing groups that we run every school term. These groups provide a unique opportunity for our young carers to take a break from the caring role they undertake, and to meet with other children and young people with similar circumstances. I'm not sure how many Worry Monsters you are able to donate to one service, however we feel we could make very good use of up to 20 monsters. Staff would use the monsters both within groups, and on a one to one basis.

Such a donation would have an incredibly positive impact on these young people, as they may not always feel able to have the discussions at home, but which may arise with a Project Worker and Worry Monster. Thank you for taking the time to read our application for a donation of Worry Monsters.

**In response to the above request Knit-for-Nowt supplied 12 Worry Monsters and some worry puppets to Barnado's Leeds in October.**

Hi Clare,

Just wanted to email to say I have received my puppets and worry monsters today and they are absolutely incredible. Thank you so much. Really looking forward to using them with children. They are going to help so many kids.

Please pass on my thanks to the knitters. What an incredible job you are all doing!

### Worker at the Matlock Multi Agency Team, Derbyshire

I just wanted to say thank you so much to you and team for the puppets that we received today, we love them and I will attempt to get some photos of us using them to send to you if I can. We do a lot of direct work with children and they will definitely love the puppets and they will really support with us gaining insight to their wishes and feelings to support where we can.

### Roundabout Dramatherapy Charity worker.

Hi Clare, I just wanted to let you know that your puppets and worry monsters are now safely based at their new schools. Our therapists have taken them all over London and are loving using them.

I just wanted to ask in addition about the Mojo that you so kindly sent us. We are in the process of carrying out a two school based formal research project in conjunction with Kings College London, where we are looking at whether attending dramatherapy sessions can help reduce anxiety for Primary School aged children with autism. For the project we have a kit list which needs to be identical for the 2 schools. Mojo really fits with this..... I am writing to you just in case you can send us another Mojo.

Many thanks, Deb

### Blackpool Carers' Centre Family Support worker

Could we possibly be considered for some more monsters?

The children we work with are quite complex. The majority are on child protection plans and are worried and anxious. The monsters are a great tool to try to get the children to express their worries/anxieties in an environment they are used to.

Some of our children have been witness to domestic violence, and the monsters are a friendly tool to create a relationship that helps us understand if the perpetrator is visiting the house.

### Young Person and Family Support Coordinator, Autism Initiatives, Peterhouse School, Southport

Hello Clare,

I just wanted to say a huge thank you for the worry monsters etc you sent.

We were overwhelmed by them! We will be putting them to good use I can assure you. Please pass on our gratitude to all your knitters!

### Student Social Worker with an assessment team of 16 in Somerset.

Hello Clare.

Myself and the Assessment Team in Bridgwater would like to say a huge THANK YOU for your wonderful knitted worry monsters and puppets. We were all able to have worry monsters along with a big communal box for our team to access. Everyone in the team were simply amazed by how incredibly detailed all of the puppets were. It is clear that your knitters are extremely talented and love what they do!

My Manager even showed the puppets to the rest of the Children Social Care office so I think you may be receiving some more requests in the near future!

Thank you so much again. Your service and the puppets you provide are fantastic!

**Learning Mentor, the Grange Academy Runcorn, Cheshire.**

**Lesley explains the conditions which children suffer from at her school, and which she helps them deal with:**

**ASC, is Autistic Spectrum Conditions, these children have challenges in social communication, social interaction and flexibility and imagination**

**SpLD is Specific Learning Difficulties, like ADHD, Dyslexia, Dyspraxia**

**MLD is Moderate Learning Difficulties and means that these learners do not attain as well as their peers, this could be in literacy and numeracy skills, or have a speech and language delay.**

**SEMH is Social, Emotional and Mental Health difficulties. This could be displayed in poor behaviour, high anxiety, anger, or even refusing to come to school.**

**When we work with these children, they have poor understanding around emotional literacy, and are sometimes unable to express how they feel. Using resources like your monsters and puppets will help our TA's to build up trusted relationships, allow us to be more creative and hopefully teach the children to understand what they are feeling and how to cope when they get overwhelmed.**

**I can't wait to hear back when my monsters are ready.**

**Knit-for-Nowt supplied the school with 6 Worry Monsters and a good selection of hand puppets in November.**

**Rosebank Special School (Autism), Northwich**

**Hi Clare**

**Thank you so much for the lovely puppets. The children are really enjoying using them in their Emotional Literacy Support sessions (ELSA). I thought I'd send you some photos of some children enjoying the puppets, so your knitters can see their work in action. We are so grateful for all their kind work.**

**Many thanks**



For those without access to the website here are all the teams we have so far helped.

## **LIST OF RECIPIENT TEAMS**

### **ENGLAND**

#### **BEDFORDSHIRE**

Bedford Family Support

#### **BERKSHIRE**

Maidenhead "Achieving for Children" Social Work team  
"Daisy's Dream" children's bereavement charity

#### **BIRMINGHAM**

John Henry Newman College

#### **BRISTOL**

Health Visitor team  
Bristol Social Work team

#### **BUCKINGHAMSHIRE**

Marlow - Life Story worker  
Milton Keynes - Family Assessment and Support team

#### **CAMBRIDGESHIRE**

Peterborough Family Safeguarding team  
Wisbech Mental Health Service Secure Hospital

#### **CHESHIRE**

Chester Council Child Protection teams  
Chester "Save the Family" charity  
Ellesmere Port Hinderton School  
Ellesmere Port Child in Need, Child Protection and Child in Care teams  
Ellesmere Port Child in Care Court team  
Ellesmere Port - Westminster Community Primary School  
Emotional Literacy Support worker  
Northwich - Rosebank Special School  
Runcorn - The Grange Academy  
Widnes Brookfields School for visually and hearing impaired children  
Widnes Fairfield Primary School  
Widnes Moorfield Primary School Emotional Literacy Support

## **CORNWALL**

**Bodmin Children and Families Directorate**

## **COUNTY DURHAM**

**Billingham Social Work Permanence Team**  
**Bishop Auckland Social Services**  
**Co. Durham Children's Services**  
**Co. Durham Consett team**  
**Consett One Point**  
**Co. Durham Family Court Advisor**  
**Durham One Point Hub**  
**Hartlepool Safeguarding and Assessment team**  
**Seaham Child Protection team**  
**Sunderland UK fostering**

## **DERBYSHIRE**

**Derby Child Protection team**  
**Derby Child Adoption**  
**South Derby People's Services Directorate**  
**Buxton and High Peak Child Services**  
**Matlock Children's Centre Family Support, Early Years**

## **DEVON**

**Plymouth - Shakespeare Primary School**

## **DORSET**

**Poole - "Families First" Social Work team**

## **ESSEX**

**Independent therapists**  
**Thriftwood College for learning difficulties and autistic spectrum age 14-19**  
**Essex Family Finders**  
**Chelmsford Family Operations team**  
**Chelmsford Children and Young People service, Children with Disabilities team**

## **GLOUCESTERSHIRE**

**Cheltenham Student Social Workers**  
**South Gloucestershire Children's Services**  
**Tewksbury Children's Services**

## **HAMPSHIRE**

**Alton Disabled Children's team**  
**Basingstoke "Blue Sky Fostering"**  
**Southampton Children's Disabilities team**  
**Southampton "Jigsaw"**  
**Totton- Children in Need team**

## **HEREFORDSHIRE**

**Weobley High School Learning Inclusion Centre**

## **HERTFORDSHIRE**

**Independent therapists**

## **KENT**

**Medway Children's Services**

**Margate Children and Families Social Work team**

## **LANCASHIRE**

**Blackburn Darwen Borough Council Safeguarding team**

**Blackburn - Audley Infant School**

**Blackpool Children's Social Care**

**Blackpool Carers' Centre**

**Blackpool - Audley Infant School**

**Bolton Fostering team**

**Bolton Safeguarding team**

**Bury Fostering team**

**University of Central Lancashire Social Work students**

**Warrington Assessment and Intervention team**

**Wigan Children and Families Social Work team**

## **LEICESTERSHIRE**

**Leicester Children's Care team**

**Leicestershire Foster Care**

## **LINCOLNSHIRE**

**Grimsby NSPCC**

**Scunthorpe Children and Young People Services**

**Scunthorpe Children's Disability team**

**Brumby Learning Centre**

**Louth - East Lindsey North Children's Social Care team**

**Lincoln Social Services**

## **LONDON**

**Croydon "Roundabout" dramatherapy charity**

**Harlesdon East Locality team**

**London East - independent Social Worker**

**London - Westminster City Council Social Work team**

**"Roundabout" dramatherapy research project with Kings College**

## **MANCHESTER**

**Children's Services**

**Longsight Central Court and Locality team**  
**Tameside "Hidden Harm" team**

**MERSEYSIDE**

**Bootle Child Protection team**  
**Birkenhead - Wirral Care Order Discharge team**  
**Liverpool Permanence Team**  
**Liverpool Huyton Children's Social Care**  
**Liverpool Rayhurst Centre, Child Protection team**

**MIDDLESEX**

**Heston Primary School**

**NORFOLK**

**Norwich Children's Services**  
**Independent therapists (include drama therapists)**

**NORTHAMPTONSHIRE**

**Daventry SafeSouth 8 Care Management team**  
**Northampton University Social Work students**

**NORTHUMBERLAND**

**Newcastle Children' Long Term team**  
**Newcastle Initial Response team**

**NOTTINGHAMSHIRE**

**Bassetlaw District Child Protection team**  
**Nottinghamshire Adoption team**

**OXFORDSHIRE**

**Oxford LAC and Leaving Care team**

**PLYMOUTH**

**Child Protection team**

**SHROPSHIRE**

**Telford Children in Care and Leaving Care team**

**SOMERSET**

**County Council Children's Social Care Safeguarding team**  
**North Social Work team**  
**North Somerset East Community Families team**  
**Shepton Mallet Safeguarding team**  
**Somerset Assessment team**  
**Somerset Disability team**

**Somerset "Looked After Children, Fostering"**  
Taunton - Acorns Children's Centre Family Intervention team  
Taunton - Minerva Primary School  
Weston Super Mare Child Protection team  
Yeovil Safeguarding team

### **STAFFORDSHIRE**

Stoke on Trent Children's Social Care  
Stoke on Trent Permanency Pod  
Leek- Child Protection team  
Wolverhampton "The Children's Village"  
Wolverhampton independent therapist  
Wolverhampton Strengthening Families team

### **SUFFOLK**

Bury St Edmunds Children and Young People's Services  
Bury St Edmunds - Forest Heath Child in Need team

### **SURREY**

Redhill Child Protection team  
South East Child Protection team  
Woking Child Protection team  
St. Philips School dramatherapist

### **TEESIDE**

Middlesbrough Social Work Training  
Middlesbrough West Lane Hospital

### **TYNE AND WEAR**

Sunderland Assessment Team, "Together for Children"  
Sunderland UK Fostering  
Gateshead - Referral and Assessment team

### **WARWICKSHIRE**

Birmingham Children's Disability team  
Birmingham Safeguarding team  
Coventry Independent Play and Creative Arts Therapist  
Daventry Care Management team, Safe South 8  
Rugby - Children's Social Work team

### **WIRRAL**

Therapeutic Parenting and Life Story Social Work

### **WILTSHIRE**

Salisbury Support and Safeguarding team  
Swindon Assessment and Child Protection team

**Trowbridge West Wilts Support and Safeguarding team**

## **WORCESTERSHIRE**

**Worcester South Permanency team**

## **YORKSHIRE**

**Altofts Junior School**

**Bingley Hazelbeck Special School**

**Bradford Metropolitan District Council Adoption Support team**

**Bradford Social Service team**

**Burstwick Primary School**

**Calderdale and Halifax Social Work teams**

**Calderdale First Point of Contact team**

**Doncaster - Intensive Social Work team**

**Doncaster Children's Services Child Protection team**

**Doncaster Parenting and Family Support team**

**East Riding of Yorkshire Behaviour Support team**

**Goole and East Yorks Children and Young People's Service**

**Halifax "Healthy Minds"**

**Huddersfield "Looked After Children's team"**

**Hull - Access and Assessment Teams, Hull Central,**

**Hull North Social Services**

**Hull West Social Services**

**Hull East Social Services**

**Hull Children's Disability team**

**Hull Barnardos Young Carers & Sibling Support Service Holme on the Wolds**

**Hull - Portage Service/FASS team**

**Hull - St Nicholas School**

**Leeds - 3 x social work teams, 3 x children's assessment teams, 3 x Child in Need teams, Leeds - Health and Disability team and Short Breaks service**

**Leeds Suicide Bereavement Service "Leeds Mind"**

**Redcar - "The Link"**

**Rotherham Maltby Hilltop Special School**

**Rotherham Social Work team**

**Rotherham Early Help and Family Support team**

**Rotherham "Edge of Care" team**

**Sheffield North Children and Young People's Services**

**Sheffield West children and Families child protection Social Work teams**

**Sheffield Fostering Support team**

**Sheffield Children and Families Social Work teams**

**Sheffield Children and Young People's Integrated Involvement Service**

**Sheffield East Support, Assess and Plan team**

**Sheffield Multi Agency Support teams**

**Sheffield Haven (helps children who've suffered domestic violence)**

**Sheffield Oasis Academy School**

**St Thomas More School**

Wakefield Child and Adolescent Mental Health Service  
Wakefield Lee Brigg Infant and Nursery School  
Wakefield West Bretton School  
Wakefield Primary School therapist  
York - City of York Council, Speak Up Service, Advocacy and Participation  
York Social Work teams  
York Burton Green Primary School

#### **NORTHERN IRELAND**

Dromore Social Work team  
Londonderry Therapeutic Support Foster Care team  
County Down - "Postive Futures" learning disability team  
Belfast Family Intervention team  
County Antrim Lecturer in Child Welfare and Protection

#### **SCOTLAND**

Aberdeen - Ellon Social Work team  
Aberdeen - Peterhead Children's Wellbeing team  
Aberdeen - Central Buchan Children and Families team  
Aberdeen - Integrated Children and Family Services  
Ayr Fostering and Social Care  
Ayr Children and Families Social Work team  
Falkirk Children and Families Social Work team  
Inverness Social Work team  
Inverurie Children and Families Team  
Isle of Bute - Children and Families Social Work team  
Morag Action for Children Residential Children's Home  
Peterhead Maitlaw Primary School  
Peterhead Children's Wellbeing team  
Stirling Children and Families Social Work team  
Stirling Women's Aid  
West Lothian Mental Health practitioner

#### **WALES**

Anglesey - Llangefni Children's Therapeutic team  
Cardiff - Intake and Assessment team  
Caerphilly West - Child Care team

#### **TOTAL TEAMS TO DATE = 219**

Each team has many workers in it, varying from about 6 to several hundred in some authorities, and we send out numerous items to each team, so the total number of items sent now runs into the thousands.

## SAFETY REGULATIONS – please read before making items.

- Features on larger items can be done with knitting yarn or embroidery yarn. Please use embroidery yarn for the mouths on smaller items such as hand puppets. For the eyes you could use pieces of felt securely sewn on, or use buttons. However, buttons should be extra firmly attached - please use strong thread and sew over and over many times to be sure. All items are tested for strength before being sent out. Safety eyes for stuffed monsters or puppets are fine (please don't use them in any unstuffed item).
- For monsters and also for any puppets that have stuffing to the head PLEASE ENSURE that the stuffing you use has a CE or BS label on the packaging, (no stuffing with any other materials thanks), and also that it says it is suitable for toys. Please don't use stuffing that's marked with a CE or BS label but doesn't say it's for toys (eg. not stuffings for cushions, duvets etc.) Please ensure that there is no loose stuffing inside the puppet that could potentially come out - it needs to be completely enclosed for safety. This means keeping your stitching quite tight so that no large holes are left between stitches.
- Please ensure that any "hair" that you've attached cannot be pulled out. Pull each strand firmly to test it – there is a document on the website with lots of creative ideas for attaching hair safely. Look on the "Patterns for hand puppets" page. Very "hairy" yarns, such as mohair, are also unsuitable on our items, as the strands can become detached.
- No glue should be used, and please do check carefully that you've removed all pins – (we'll also check that again this end so we're certain.)
- No ribbons or cords longer than 6 inches
- Please sew on firmly any accessories that you've chosen, such as handbags, necklaces, shawls etc.

- **If you wish to make puppets out of material and sew them that's fine (with CE approved toy stuffing).**

### **AND FINALLY**

Huge thanks go to all who have contributed puppets and monsters. Knitters frequently contact me asking if items are still needed – I always say “Yes please”! I will let you know if this tide of need ever comes to an end, but until then we have many teams on the waiting lists, so please do continue to send your items. It's so incredibly generous of you.

I'll leave the final feedback to a Social Worker with Ellesmere Port Child Protection and Court team, as it's so genuinely heartfelt:

*“Wow I'm blown away by what you sent me.  
I can't believe it.*

*Feel a bit choked up to be honest because it's like a box of magic. Thanks so,  
so much.”*



**LET'S TRY TO HELP MORE AND MORE CHILDREN IN 2019**

**HAPPY NEW YEAR!**

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