

Can you knit or sew?

A charitable service

‘Knit-for-Nowt’

is appealing for

**hand-knitted or stitched “Worry Monsters”
and hand puppets**

**to be donated to therapists working to
help traumatized children all over the UK**



Please help vulnerable children

Full details: www.knitfornowt.org

Contact **Knit-for-Nowt**: knitfornowt@gmail.com

or phone 01377 270624 or 07538 157487