

## Knitting Blankets for Maidstone Hospital



A WARD at Maidstone Hospital is handing out coloured and patterned blankets to elderly patients as part of a trial to help reduce falls.

The blankets help older patients, particularly those with dementia, find their way back to bed more easily. They also allow patients to see the edge of the bed more clearly, when getting out of and into bed, and provide a more homely feel to the ward.

The first blankets were given to two patients on Edith Cavell and were received very positively by them and their families.

So far, nine blankets have been knitted or donated, and given to patients. Due to infection control, blankets are single use items and are taken home with the patient, following discharge.

Ward manager Georgie Devaney, said: “Blankets can be knitted or crocheted. They can be big as a single bed or a smaller toddler bed size or even a tinier size as long as they fit across the bottom of the bed, so our patients can see them and recognise them.

“Thank you in advance for all the generous offers of help and for taking the time to help our lovely patients.”

The ward team is now looking for people to help knit, or donate, more blankets. Anyone who enjoys knitting, or who belongs to a knitting group, or you have new blankets that you don't need, to please get in contact

### **Knitting and sewing**

If you enjoy being creative and love to sew, knit, crochet, you can help enhance patients experience during their stay in hospital by donating your creations. Below are a few things you can make to help make a difference:

### **Incubator Nests**

On Walnut Ward, our Special Care Baby Unit, we lay babies on these nests whilst inside the incubator to make them comfy and help them get cosy and snuggled. Simple nests with wading, minimal seams and quilting are great as they are a bit more comfortable for the babies.

Nests should be made approximately 22" long by 17" wide.



## Incubator Covers

We put covers over the incubators to shield babies from bright light, to dampen noise and to stabilise the incubator temperature. Fun or baby type fabrics work fantastically!

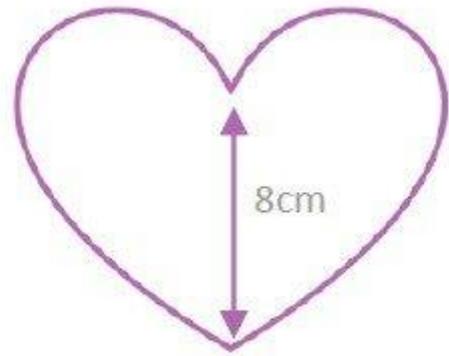
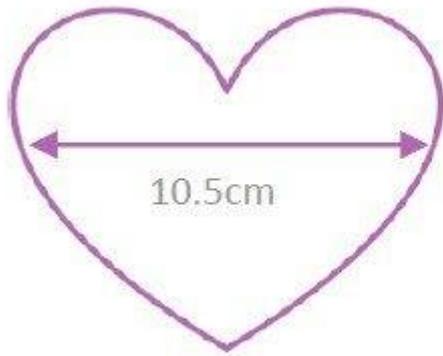
Incubator covers should be made approximately 40" long by 35" wide.



## Bonding Hearts



Bonding hearts are a lovely way for parents to bond with their baby whilst they are separated. Each mother gets a pair of hearts, she wears one next to her skin and the other next to baby's skin. They are then swapped over so each have the others special scent with them. Below are some rough dimensions of the finished hearts.



They are double sided material hearts and are really simple to make.

## Crocheted Octopus

These wonderful little Octopus crochets help a premature baby feel safe. The tentacles of the octopus resembles the cord and reminds the babies of their time in the womb.



For instructions on how to create these little creatures, click [here](#).

## Large coloured blankets

Trialled at other local Kent hospitals, the introduction of coloured and patterned blankets has helped reduce falls in elderly patients.

Brightly coloured blankets help show up the edges of the bed more clearly, as well as making the wards look more homely. Older patients, particularly those with Dementia, can find their way to and from the bed more easily. Patients get to keep the blankets they are given when they return home.

If you would like to knit a blanket then please make them patterned and use bright colours and 3ft square.



## Twiddle Muffs

For patients with delirium, these hand knitted creations help distract hands from pulling at drips and dressings. With buttons and detail inside and out to fiddle with they help keep hands busy. Examples of Twiddle Muffs are shown below.



Please bring any creations to the Hospital reception and we will distribute to the Wards