knit a helping hat

knit us a hat and
we'll pop it on a bottle
to help older people
live well

30p goes to Age UK*

Hillingdon, Harrow & Brent age UK
Let's change how we age

innocent the big knit

age UK
Let's change how we age

*innocent gives 30p to Age UK for every bottle sold with a hat on

Age UK is a registered charity (1128267)

Registered with FUNDRAISING REGULATOR

crochet stripe hat

the one with the pompom

abbreviations (UK)
ch = chain
st(s) = stitch(es)
dc = double crochet
inc = increase

How you crochet it
(in blue) start 6 dc in a magic ring. [6]
round 1: (in pink) inc in all 6 st. [12]
round 2: (in blue) (dc in next st, inc in next st) repeat 6 times. [18]
round 3: (in pink) (dc in next 2 st, inc in next st) repeat 6 times. [24]
round 4: (in blue) (dc in next 4 st, inc in next st) repeat 5 times. [30]
round 5 - 12: (start in pink and alternate colours each round.)
dc in all 30 st. [30]

Fasten off and sew in the end.

Making up:
Make a large pompom with both colours either using a pompom maker or a fork. Sew it nice and securely to the top, in the centre, and trim if necessary.

Send your hats to this address by 1st October 2027:

Age UK HHB
Townfield Community Centre, Townfield Road
Hayes, UB3 2EL

knitted hat aubergine

intermediate pattern

Yarn: Any DK weight yarn in purple and green
Needles: 1 pair 3.75mm needles

Knitting:
Hat
Using purple yarn and 3.75mm needles cast on 29 sts.
Work 12 rows in stocking stitch
Next row: (K2 K2 tog) repeat to last st, K1 (22 sts)
Work 6 rows in stocking stitch
Next row: (P1P2tog) repeat to last st P1 (15sts)
Work 6 rows in stocking stitch
Next row: (K2tog) repeat to last st, K1 (8sts)
Cut the yarn leaving a long length.
Thread this through the stitches and pull up to tighten.

Leaf tips
Make 3.
Make a slip knot
Row 1 (RS): Knit into the front, back and front again to make 2 additional sts. (3 sts)
Row 2 (WS): Purl.
Row 3: Kfb, K1, Kfb. (5 sts)
Row 4: Purl.
Transfer the 5 sts onto a stitch holder or spare needle to hold them.

Leaf top & stalk
Transfer the held sts for all 3 leaf tips onto one needle
Row 1: K2tog to last st, K1 (8 sts)
Row 2: P2tog 4 times (4 sts)
Now work an i-cord for 4 rows before breaking the yarn, threading it through the stitches and pulling it tight. Sew up the aubergine and sew on the leaves.

abbreviations (UK)
K = Knit, P = Purl, Tog = Together, St st = stocking stitch, Sts = stitches, K2tog = knit two together, P2tog = purl two together, Kfb = knit into the front and then into the back to make a st

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**Age UK HHB
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knitted hat
lemon

intermediate pattern

Yarn: Any DK weight yarn in yellow
Needles: 1 pair 3.75mm needles, sewing needle

Knitting:
Hat
Using 3.75mm needles cast on 33 sts.
Row 1: K1 P1 to last st, K1
Row 2: P1 K1 to last st, P1
Now work 12 rows in st st.
Row 15: (K2 K2tog K3 K2tog K2)
repeat twice more (27st)
Row 16-18: starting with a purl row work 3 rows of st st
Row 19: (K1 K2tog) repeat to the end of the row (18st)
Row 20: Purl
Row 21: (K1 K2tog K2tog) repeat to last 3 st, K1 K2tog (11st)
Row 22: (P2tog P1) to last 2 st, P2tog (7st)
Row 23: K3tog K2tog K2tog (3st)

On these 3 st work 2 rows of i-cord then K3tog to fasten off.

Making up:
Use a sewing needle to join side seams.

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knitted a berry fancy hat

by Juliet Bernard

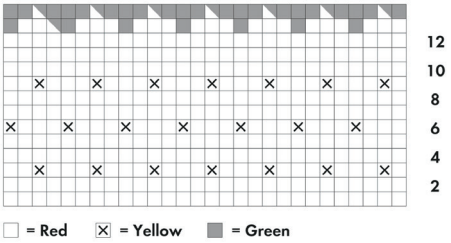
Advanced Pattern

For this one you should use yellow and red double knit yarn, and you'll also need some green for the stalk and leaves. And a strong tea.

Knitting

1. Using your red double knitting yarn and some small needles, cast on 28 stitches

2. K2 rows. Then, starting with a knit row and working in stocking stitch throughout (Knit 1 row, Purl 1 row, repeat)) do the 12 rows as shown below.



3. For the next row, using green, K2 together across all stitches (14 st), then for the next row P2 together to end (7 stitches), followed by the next row which is K1, K2 together three times (4 stitches).

4. Transfer the 4 stitches from the right to the left needle, pulling the yarn tight and knitting them again. Repeat six times.
   This is an i-cord and will be the strawberry's stalk.

5. To finish, K2 together twice then pass the first stitch over the second. Fasten off by pulling the yarn through the last stitch.

6. Make up by sewing the side seams together & finish off by threading the yarn down the strawberry stalk.

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To find more patterns, information and inspiration visit:

www.innocentdrinks.co.uk/big-knit

Thanks, you purl.

the knitty gritty

*innocent and Age UK will send you updates about the Big Knit and tell you about the next Big Knit. You can see our privacy policies at www.innocentdrinks.co.uk/content/dam/innocent/gb/en/files/uk-innocent-privacy-policy.pdf and ageuk.org.uk/help/privacy-policy

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