

How can we help you?

Information & Advice [Open Monday to Friday, 9 am - 1 pm] 0116 299 2278

A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities.

Day Care Services 0116 299 2269

Social support in a community setting including care, entertainment and companionship, with optional transport if required.

Home Care 0116 299 2266

Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship.

Personal Assistants 0116 299 2266

A flexible service to give you help with household management, getting out and about and to appointments.

Handyman & Gardening 0116 299 2266

A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

Respite 0116 299 2266

Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

Age UK Business Directory 0800 599 9435

Directory of local trusted traders across the City and two counties.

Lunch Clubs 0116 299 2269

The chance to socialise and enjoy a hot lunch with friends.

Your little guide to big knitting 'The Big Knit 2020-21'



← This
little
hat
saves
lives

Could you knit some hats for us?

For more information please contact us:

Age UK Leicester Shire & Rutland
Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA

Tracey Pollard — Fundraiser

Tel: 0116 299 2265

Web: www.ageukleics.org.uk

Email: tracey.pollard@ageukleics.org.uk

Be social with us



Hello

Thank you for joining in with The Big Knit. We hope you're sitting comfortably in your favourite chair, ready to knit up a storm, It's fun, it's easy and it's for a great cause.

Every time a little bottle wearing a hat is sold, 25p will go Age UK Leicester Shire & Rutland.

The colder months can be tough for a lot of people—as many as 25,000 older people's lives are at risk because of the cold. But we can help. Money raised from the Big Knit goes to help make winter warmer for older people - providing warm stuff like electric blankets, or bringing people together for local activities and hot meals.

We're aiming to raise £20,000 this year by knitting 80,000 hats.

You've got until September 2021 to get your woolly creations to us but please keep knitting all year round!

Thanks again for being a part of The Big Knit and here's to happy knitting.

Where to send your hats

Please put all hats in an envelope along with a note stating:

- Your name and address
- How many you've knitted

Then send them to us at:

FAO Tracey Pollard
Age UK Leicester Shire & Rutland
Lansdowne House,
113 Princess Road East, Leicester, LE1 7LA.

Or alternatively, you can take them to your local Age UK Leicester Shire & Rutland shop or resource centre which will pass them on to us.

If you have got any questions, tips or wool-related gossip give us a call on 0116 299 2265 or email tracey.pollard@ageukleics.org.uk. For more knitting patterns go to www.ageukleics.org.uk

beginner pattern

1. Curl up by the fire/sit next to the radiator.
2. Using double knitting yarn and 4mm needles, cast on 28 stitches.
3. To start, either knit two rows, or, to create a rib, knit 1 purl 1. Then, starting with a knit row, work in stocking stitch (knit 1 row, purl 1 row, knit 1 row etc) for 12 more rows.
4. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches)

5. When you've finished, cut the yarn leaving about 25cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle (fig. A).

6. Tighten the yarn (fig. B) and sew the little hat together at the side (fig. C). Once finished, turn it right-side out so that the seam you've just sewn runs up the inside.



7. Just to check you're on the right track, we reckon when laid out flat, the hat dimensions should be about 5-7cm along the bottom and at least 3cm high.
8. To finish, just sew a little bobble onto the top of the hat.



intermediate pattern



1. Find a cosy spot (armchair/rocking chair/hammock).
2. This time you need two colours. Using your main colour double knitting yarn and 4mm needles cast on 28 stitches.
3. To start, either knit two rows, or, to create a rib, knit 1 purl 1. Then, starting with a knit row and working in stocking stitch throughout (knit 1 row, purl 1 row, knit 1 row etc) do 2 rows of your main colour followed by 2 rows of your main colour. These 4 rows set your stripey pattern. Do 8 more rows in the same stripey fashion.
4. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches).
5. Follow points 5-8 as per the beginners' hat to finish off.
6. Reward yourself with a nice cup of tea.

Why not bring out your inner animal with these inspired colour combos:



flight of the bumblebee



parrots of the caribbean



piggy in the middle



very thirsty caterpillar

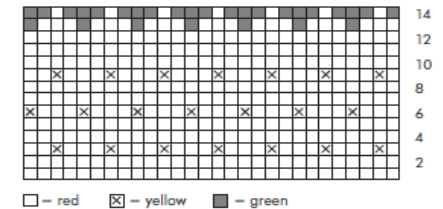


gorillas in the mist

advanced pattern



1. Stick the kettle on.
2. For this one you should use yellow and red yarn, and you'll also need some green for the stalk and leaves. Using your red double knitting yarn and some small needles, cast on 28 stitches.
3. Knit 2 rows. Then, starting with a knit row and working in stocking stitch throughout (knit 1 row, purl 1 row, knit 1 row etc) do the 14 rows as shown below.



4. For the next row, using green, knit 2 together to end, then for the next row purl 2 together to end (7 stitches), followed by the next row which is knit 1, knit 2 together three times (4 stitches).
5. 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.
6. To finish, knit 2 together twice then pass the first stitch over the second. Fasten off by pulling the yarn through the last switch.
7. Make up by sewing the side seams together and finish off by threading the yarn down the strawberry stalk.