

knit a helping hat



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



20

hats fund a single
Befriending visit
or call



Knitting needles at the ready!

Where there's wool, there's a way! The much loved Innocent Big knit campaign has returned and we're calling on the knitting ninjas of Herefordshire & South Worcestershire to wield their needles and help make a big difference to lives of older people.

What is The Big Knit?

The Big Knit is Age UK's partnership with Innocent Drinks. We've been working together since 2003, asking the country's crafters to knit little hats for the tops of Innocent Smoothie bottles. The campaign has raised an incredible £3.6 million for Age UK since it began.

Each tiny woolly hat knitted will one day sit on top of an Innocent Smoothie bottle helping to generate a 30p donation to Age UK Wyvern. So, whether you knit one hat or a hundred, you can be sure your efforts are making a real difference to supporting older people across Herefordshire & South Worcestershire.



Get involved

Firstly, thank you for taking part!

Whether you're part of a knitting group, a solo knitter, a community group, or someone who wants to pick up needles for the first time, we would love you to be involved.

Crafters have until **October 2027** to send in their hats, so there's plenty of time to get involved.

As you know, every hat generates **30p** for Age UK Wyvern to provide services to local older people. This year, we want to link knitted hats to our Befriending service. Your hats will therefore allow us to continue to fund the service and train volunteers.



The difference your hats make

The chances are, there is an older person in your community that is feeling lonely or isolated at home.

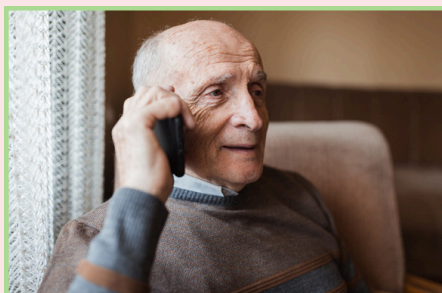
These older people are experiencing difficult circumstances that are all too real. But no one should have to feel alone. That is where we step in - on average we are making around **6200** visits or telephone calls, per year, to lonely or isolated older people across Herefordshire & South Worcestershire.

Every **20** hats that you make will fund a single visit or telephone call; providing companionship to lonely or isolated older people who best need it and help provide a crucial link to the outside world.

Quotes from our clients:



"I really enjoy the visits from my befriender, another happy face to see rather than four walls".



"Age UK befriending service is a lifeline to me, I was so lonely and depressed before I started receiving calls, now I look forward to each week knowing I will be chatting to someone".



"I look forward to my weekly phone call, someone to share the time of day with".

The practical bit

There is no obligation to knit any particular number of hats, all donations are very welcome.

If you do want a target remember that 20 hats = 1 hour of befriending support.

A complete list of hat patterns is available on: www.innocentdrinks.co.uk/big-knit

When you are ready, put your hats into a bag and place the below form in the bag. We ask you to do this because if you are part of a group, school, company or other organisation, we can report back on the group total. If you would rather remain anonymous that's OK too.

Either take your bag to the collection point within your organisation, if you are part of a group effort (they will provide details), or take the hats to your local Age UK Wyvern shop if you are going solo. A complete list of shops is available: www.ageuk.org.uk/wyvern/shop-with-us/

If you have provided your details we will report back on your total donations every quarter.

Resource Pack

Scan or click the QR code to access our Big Knit resources. Including posters and social media assets, that you can use to promote your involvement.



Big Knit Reporting Form

Name	
Organisation	
Email	
Number of hats	

simple bobble hat

beginner pattern by Juliet Bernard

Yarn: Yellow and white

Needles: 4mm

Hat

Cast on 31 sts in yellow

Knit two rows

Beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through sewing needle and bring through stitches and pull up to tighter

Making up

Use a sewing needle to join side seams.

Make a pompom in white and sew securely to top of the hat.



A complete list of hat patterns is available on: www.innocentdrinks.co.uk/big-knit

Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

The Wooltermelon

by Juliet Bernard

Intermediate Pattern

You will need some green, cream and pink 4 ply yarn and 36 black beads.

Knitting

1. Cast on 36 stitches in green.
2. Work 2 rows of K1 P1 rib.
3. Change to stocking stitch beginning with a knit row.
4. Work 1 row in green, 2 rows in cream or light pink and 5 rows in a darker pink.
5. Sew on the beads evenly across your hat.
6. Row 18 – P2 tog across all stitches (18 stitches).
7. Row 19 – K2 tog across all stitches (9 stitches).
8. Row 20 – P2 tog 4 times, K1 (5 stitches).
9. Fasten off by threading yarn through 5st and drawing tight.
10. Make a bobble in cream.
11. Sew your juicy watermelon up at the side and attach your bobble to the top.
12. Show it off a bit, then get it in the post.



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Abbreviations K – Knit P – Purl Tog – Together St st – stocking stitch St – stitches PB – place bead

apple hat

intermediate pattern by Juliet Bernard

Yarn: Green and brown DK with some red and black for embroidery

Needles: 4mm

Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Change to brown

Next row: p2tog 4 times then work an icord for 6 rows.

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl

Row 5: knit

Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl

Row 9: ssk, k1, k2tog (3sts)

Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.



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Age UK Wyvern is a registered charity (1114859) and company limited by guarantee, registered in England and Wales (05688674).

