



What is a FIDDLE BLANKET?

Fiddle Blankets are for use in nursing homes by residents who suffer from Alzheimers or Dementia to "play/fiddle with". Making the blankets and giving them to your local nursing home is a wonderful Action and Outreach project for every branch.

You will see from the photo that the top side of the blanket has a number of items stitched to it - a zip - a ribbon bow - a wool pompom - Velcro - a plait - a roll etc. The person using the blanket can zip and unzip, tie and untie the bow and the wool pompom is tactile. Seven items seem to be the ideal number on a blanket.

The materials used should be bright and colourful and it is important that the underside of the blanket should be made from non-slip material as this is the side which will sit on the user's lap. The material in a throw is ideal as it's soft and non-slippery and not expensive.

Now for some practical details:

The finished Blanket measures 18" x 12" (45cm x 30m).

The attachments are made separately and then sown on to the topside of the blanket.

IT IS VERY IMPORTANT FROM A HEALTH AND SAFETY ASPECT that if you are inserting say small bells into a bag (top right photo) or sewing on buttons that the bells and the buttons are not accessible to the user. **ALL THE ATTACHEMNTS ON THE BLANKET MUST BE SECURELY ATTACHED.**

Machine stitching is best. But if an attachment requires hand stitching then please ensure you test it when it's in place by pulling really really hard on it to ensure that it will not break loose.

The final step is sewing the topside and underside (fleece) together and voila you have a Fiddle Blanket.....Well done.