

Dementia Awareness Armband



Armband – Blue

Use any colour blue DK wool.

Using size 7 needles cast on 10 stitches and knit garter stitch for 8 -12 inches. This needs to fit around different size of upper arm

Cast off and sew short ends together forming a band suitable to go around the upper arm.

Forget me not

Using Forget me Not (Pale Blue) wool and size 10 needles cast on 60 stitches

1st row: (knit 1, cast off 8) 6 times – 12 sts.

Break off with a long end and thread through remaining stitches. Draw up and secure tightly.

Centre

Using yellow & size 10 needles cast on 1 stitch.

1st row: K1, P1, K1, P1, K1 all into cast – on st = 5sts

2nd row: P

3rd row: K

4th row: P2tog, P1, P2tog – 3sts

5th row: Sl , K2tog, pssso – 1

Break off yarn and fasten off. Sew Forget me Not on to armband