

How to: knit a forget-me-not flower

Dementia Action Week 2019 is fast approaching and preparations are well underway.

If you knit or crochet, we need you to help us create forget-me-not flowers for our display... here are the instructions:

Materials needed

- Knitting needles (any size)
- Large needle or bodkin to finish
- Blue & yellow wool

Method

- Cast on 55 stitches.
- Knit 1 row.
- Purl 1 row.
- Knit 1 row.
- Next row: knit 1, cast off 10, knit 1, cast off 10, knit 1, cast off 10, knit 1, cast off 10, knit 1, cast off 10. (You should now have 10 stitches on needle).
- Cut the wool tail to about 8 inches. Thread the needle with the wool and pull through the remaining stitches on the knitting needle.
- Secure the end and shape the flower, stitching as necessary.
- Thread the needle with the yellow wool and stitch the centre yellow.
- Fasten off on back.

Top tip: you can vary the size of the flower by increasing the number of stitches or rows knitted.

Please note flowers need to be returned by Tuesday 14 May 2019 to the Public Service Plaza, Civic Centre Road, Havant, PO9 2AX.

