

How to use your knitting loom

1. Drop the free end of the wool through the centre of the loom so that it hangs about 10cm below the bottom edge. Then wrap the wool clockwise round one of the sticks and take it around the back of that stick and the back of the stick to its right



2. Then loop the wool clockwise around this stick; around its back, and then the back of the stick to its right.



3. Continue this around the whole loom; "behind two sticks and then loop it around, behind two sticks and then loop it around" and so on. It should then look like this:



4. Repeat for a second time around the loom.



5. If you look at the outside of the loom you will see two loops around each stick. Start 'knitting' at the first stick to the right of where you last looped over your wool. Take the bottom loop of the two and take it over the top of the loop above it and drop it over the back of the stick. Repeat this all the way around the loom moving right each time. Once you have finished that round of knitting give the yarn hanging out the bottom of the loom a little tug to pull it down a little.



6. When you have worked your way all-round the loom and you are left with only single loops on each stick you need to wind the wool around again, just like you did at the beginning. i.e. "behind two sticks and then loop it around, behind two stick and then loop it around".... You might want to push the two loops down on each stick before proceeding.
7. Repeat steps 5 and 6 and you will start to see your 'knitting' coming through the bottom of the loom. Keep going until you have knitted enough.
8. To finish off stop 'knitting' when you have one loop on each stick. The take one loop and move it onto the stick to its right. Loop the bottom loop over the top one. Repeat; each time you are freeing up one more

stick. Continue until you have only one loop on one stick. Cut the yarn, take the loop off the final stick and pass the end of the wool through it. Pull tight to make a knot.

Tip: If this activity needs to be simplified further the care partner can do the winding preparation for each round of the loom and then assist the person with dementia to loop the wool over. My photos show me doing the 'looping' with my fingers. It can also be done with a crochet hook. In fact I found that the easiest way to do it is to hold the loom so that the person is pulling the loop towards them, like this:

