

KNITTED TOGETHER NEWS

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Wool Fair



The official launch of the 'Knitting Initiative' took place on the 30th May 2011 at Shipston on Stour's annual Wool Fair. The stall was decorated with an array of donated knitted items which were for sale.

Despite the inclement weather keeping visitors away, we still managed to draw people to the attractively decorated stall and sold a variety of knitted items including hearts, small teddies, character dolls and baby clothes.

We raised a total of £255 by selling the donated knitted items and would like to say a huge thank you to those who made this possible.

Do you know of any fairs or fêtes in your vicinity and would you like to hold a stall on our behalf? Get in touch with Fiona on **01789 451 826** or email fiona@heartrhythmcharity.org.uk

Knitting at John Lewis Solihull, with Rowan Yarn

Come and join us on Saturday 10th September 2011 where we will be knitting in the The Place to Eat in John Lewis, Solihull.

There will be patterns which cater for all levels of knitters from beginners to the more experienced. If you would like to participate in the event it costs just £3, booking is essential as places are limited.

If you would like to participate in this event contact Fiona on **01789 451 826** or email fiona@heartrhythmcharity.org.uk



Five minutes with Alan Dart

Designer of knitted and fabric toys



What made you take up knitting? My mother taught me to knit, first by machine (an old Passap) and then by hand, before I started going to school, and when I subsequently went to Art College, to study fashion, I incorporated knitting in my end-of-year collections. When I left college I first worked for one of the tutors who designed made-to-measure clothes, and some of his clients saw the sweaters I was wearing and asked me to create one-off designs for them.



How long have you been knitting for? Over fifty years now.

Do you think knitting is something more men should get involved in? I don't particularly wish more men would knit, but I think anyone (man, woman or child) should have a go at any craft that takes their fancy, then maybe they could turn their hobby into a profession that they will enjoy.

Have you always specialised in knitting toys? No. When I was first approached by magazine editors, who had seen my machine-knitted work, to design for them, they asked if I could write hand-knitting patterns instead, as these were of more use to the general public. Working for magazines led me to designing and writing features on all manner of crafts, and then it narrowed down to knitted and sewn toys, arriving at purely knitted toys nowadays. I didn't engineer any of this, and it all just happened by itself.

Do you have any advice you would give to other knitters? Make sure you take time to rest your hands now and then, because I developed RSI a few years ago and was unable to work for 3 months. I have deadlines to meet, but for most people knitting will be a hobby and they should enjoy it although it's always tempting to get to the end of a certain piece and see how it turns out.

Why do you think knitting for a charity is a good idea? Because it's a way of getting enjoyment from a craft and helping others at the same time.

If you would like to knit on behalf of the Heart Rhythm Charity; Arrhythmia Alliance or have patterns which you would like to share with our other knitters, then please get in touch with Fiona on fiona@heartrhythmcharity.org.uk or call **01789 451 826**.

To look at and purchase Alan's designs go to <http://www.alandart.co.uk/>

Reasons to knit for charity!

Social



Knitting is a great way to initiate conversation. “What are you making?” In addition, because knitting does not require intense concentration for the most part, it’s possible to also carry on a conversation. Knitting groups are becoming popular with crafters getting together to work on their individual items or on a joint project.

Why not join a group in your area and encourage your fellow knitters to knit on behalf of The Heart Rhythm Charity. Alternatively you could sign up to Knitted Together and become part of a wider community of knitters and encourage your friends to participate.

Easy

Knitting is not physically demanding and therefore no fitness level is required. There are numerous ways to learn from a personal tutor, via a book or over the internet and there are classes to suit everyone to cover the basics through to more advanced techniques. Learning a new skill is not only good for stimulating the brain but also for promoting self-esteem. It is both fascinating and fulfilling to watch a length of yarn becomes something to wear or use through skill alone.

Creative

Yarn comes in a huge range of textures and colours and knitting allows for individual creative expression. By adding embellishments such as ribbons and sequins your knitted items become totally unique.

Cheap

As a hobby, knitting is relatively cheap. All you need to begin with is a pair of needles and a ball of yarn. With that, you can create an accessory, a gift or a heart. Quality handmade knitted gifts and garments are often less expensive than store bought, particularly if you consider that you can create several knitted hearts from one 100gm ball.

Portable

Knitting is portable. If you’re knitting a heart, you can easily fit all the materials you’d need in a purse or even a pocket.

Charitable

More tangible than giving money, knitting is a wonderful way to make a donation and you know exactly where your gift is going. The time you spent making the item will be personally appreciated. Small teddies, character dolls and hearts for **The Heart Rhythm Charity** are all in high demand.

Knitted items required!



We require a number of knitted items; hearts, little teddy bears and character dolls to sell on our forthcoming stalls.

We have a number of knitting patterns catering for beginners, intermediates and experience knitters. If you would like to receive these patterns please contact Fiona on **01789 451 826** or alternatively email fiona@heartrhythmcharity.org.uk. Don't forget to state your knitting ability!

Ravelry

Ravelry is a community site, an organisational tool, and a yarn and pattern database for knitters and crocheters. Meet like-minded knitters and share your patterns and projects with individuals and groups from all over the world. It is free to join.

If you're not already a member of Ravelry, log on to Ravelry at www.ravelry.com and add heartrhythm as a friend.

Craft Corner

If you have any additional skills/hobbies which could be used to raise money for the charity such as card making or crocheting, then I would love to hear from you.

To get in contact, call Fiona on **01789 451 826**, email fiona@heartrhythmcharity.org.uk. Alternatively send your items to PO Box 3697, Stratford upon Avon, Warwickshire, CV37 8YL

News and stories



Meet Sue; one of our knitters

My name is Sue, I live in the West Midlands and have knitted on and off for as long as I can remember! I learned as many of similar age did, "at Grandmas knee" as a small child and throughout my life I have knitted and/or sewn my way through many of life's stages and challenges.

When I became unwell with Atrial Fibrillation I found my knitting to be a comfort to me as well as a way to explore creativity and keep my mind and hands busy. Upon discovering that The Heart Rhythm Charity were setting up Knitted Together for charitable fundraising purposes I couldn't NOT become involved! I love being able to combine my skills, experience, knowledge and contacts to support The Heart Rhythm Charity. I'm also keen to encourage and promote both knitting and the profile of The Heart Rhythm Charity to raise awareness, to benefit others.

I am a Member of Ravelry (knitting community) and go under the name "Sewlknit2" - please feel free to "friend" me! and share some of the projects I am involved with on behalf of The Heart Rhythm Charity.

If you have any stories or jokes that you would like to include in the quarterly Knitted News please email them to fiona@heartrhythmcharity.org.uk or post them to Fiona Ahearn Po Box 3697, Stratford upon Avon, Warwickshire, CV37 8YL

Happy knitting

Editor

Fiona