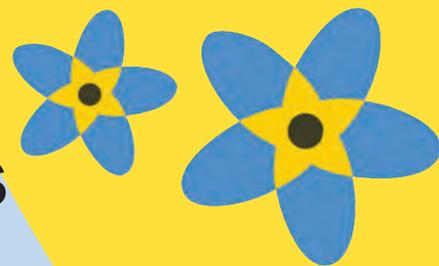


Dementia Friends Forget Me Not Patterns



1. For knitters:

Materials:

Yarn and Needles – It doesn't really matter what yarn you use. You can play with whatever is leftover in your stash. Just make sure to use the suggested needle size for your yarn and you'll be good to go (if you knit on the tight side, I'd suggest going one needle size up)!

Depending on the weight, one flower requires 2 to 3 yards of blue yarn for the petals and 1 yard of similar or lighter weight yarn in yellow for the centre. This will give you enough for the long tail for bookmarks.

Notions and Accessories – Tapestry Needle.

Your choice: hair clip, pin backing, bookmark fabric etc.

Your choice: yarn or thread to sew it onto the above or a hot glue gun to glue it.

Size and Finished Product Measurements: Varies according to what type of yarn is used.

Pattern Stitch: Knit: You need to know how to cast-on, cast-off and knit.

Gauge: Varies according to what type of yarn is used.

Pattern:

Knit Flower: There is only one row to this flower after you have cast on. Cast On 40 sts.

Row 1:

K1, Cast Off 6 (you should have 2 sts on your right needle)

K1, Cast Off 6 (you should have 4 sts on your right needle)

K1, Cast Off 6 (you should have 6 sts on your right needle)

K1, Cast Off 6 (you should have 8 sts on your right needle)

K1, Cast Off 6 (you should have 10 sts on your right needle)



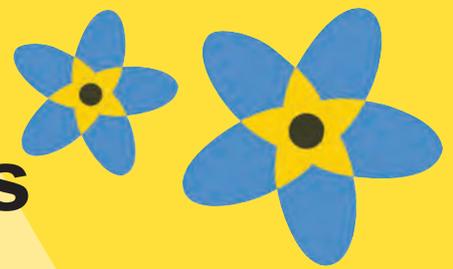
Cut your yarn 8" long. Thread the 8" tail through a tapestry needle and pull that needle through each of the remaining 10 stitches on your needle. Secure tail and shape flower. Sew in ends.

Add yellow centre using any embroidery stitch you like to make a five-part yellow centre. Satin stitch works well, or daisy stitch or French knots. Sew in ends.

These flowers can be used in many ways:

- Single flowers: create a pin for a walk or event or place card; glue to a hairclip; attach to a bookmark - the possibilities are endless.
- Clusters of flowers: sew to a hat or scarf or hair band; glue several to a large pin or a cover for a tablet or notepad.
- For an all-wool bookmark, leave an extra long tail (about 1 ½ feet) of blue wool when you cast on and when you cast off, and an equally long tail of yellow from the centre stitching, and make a braid with the ends to form the body of your bookmark.

Dementia Friends Forget Me Not Patterns



2. For Crocheters:

There are lots of free patterns on the web; this one was adapted from Ravelry.com

There is more detail in Ravelry for making a full necklace. Here is just the flower, which can be used in a variety of ways (see the Knitting suggestions above) as individual flowers or clusters of flowers.



Gauge: not important for this project.

Yarn and hook: Depending on the weight, one flower requires 3 to 4 yards of blue yarn for the petals and 1 yard of similar or lighter weight yarn in yellow for the centre. This will give you enough for the long tail for bookmarks.

Use the hook size suggested on the yarn label for the weight of yarn you have.

Used terms: chain (ch), slip stitch (sl st.), treble (triple) crochet (tr), single crochet (sc).

Pattern:

Ch 4 and join with sl st to make ring.

Round 1: 4 sc in ring, sl st with last sc to join.

Round 2: *ch 4, 2tr, ch 4, sl st* in same stitch.

Repeat round 2 for all 5 petals, but start the 2nd (and consequently the others by making a sl st in the new petal prior to making the ch4)

Cut yarn, weave ends.

Add yellow centre using any embroidery stitch you like to make a five-part yellow centre.