



Knitwell Knits Back

Introduction

Knitwell Knits Back (KKB) is an initiative being offered for Project Knitwell (PK) volunteers that provides them with an opportunity to knit for others, primarily those individuals who received knitting instruction from PK volunteers prior to the COVID-19 pandemic. Generally, PK volunteers do not knit items that are then donated to those in need. Instead, Project Knitwell volunteers *teach those in need how to knit* in order to foster wellness and a sense of community. However, given the current social distancing guidelines, our inability to teach knitting in person, and our volunteers' interest in giving and staying involved with our community sites, this initiative is being launched.

Project Coordinator

Debbie Heller, debbielheller@gmail.com

Items To Be Knitted

1. **Winter Hat** to be donated to the students at RICA. (Regional Institute for Children and Adolescents in Rockville, MD)
2. **Knitted Hearts** to be donated to parents in hospital NICU's. (Neonatal Intensive Care Units)
3. **Knitted Coasters** to be donated to administrators at project sites, such as Smith Center for Healing and the Arts, Friends of Guest House, N Street Village, etc.
4. **Fingerless Gloves** to be donated to hospital healthcare workers at MedStar Georgetown University Hospital, Children's National Medical Center, Inova Schar Artist in Residence Program.*

*An effort is being made to focus on recruiting youth volunteers for this knitted item, though all who would like are welcome to knit these gloves. If you know of youths who already knit, please contact Debbie Heller.

Sites That Will Receive the Donations

All of our sites are eligible to receive these donations. Currently, we plan for the following to receive these knitted items. If you would like to suggest an additional site, please contact Debbie Heller.

1. Regional Institute for Children and Adolescents (RICA)
2. Friends of Guest House (FOGH)
3. N Street Village
4. Smith Center for Healing and the Arts
5. Children's National Medical Center (CNMC)
6. MedStar Georgetown University Hospital (MGUH)
7. Inova Schar AIR Program (AIR)

Patterns

Patterns are available for each knitted item, although volunteers should feel free to use their own patterns.

Knitted Coaster

<http://www.molliemakes.com/craft/free-knitting-pattern-heart-shaped-coasters/>

Fingerless Gloves*

<https://drive.google.com/open?id=1D21JG5ZoyYIMRR9o1ygEDe5tbuUUpwF7>

Hat*

https://drive.google.com/open?id=1P43UfFAVAOp6784XwF_UQBf-EvRN2pz

Knitted Heart

This can be made with or without stuffing and can also be felted. Stuffing available at the garage.

https://s3.amazonaws.com/kajabi-storefronts-production/sites/6585/themes/1760229/downloads/FMLymGDXRviimUQ9Lv3H_Pattern_Update_-_Knitting_Kindness_Together.pdf

*If you have any trouble accessing patterns on the PK Google Drive, please email our Administrative Assistant, Jena, at jpersico@knitwell.org.

Yarn and Needles

Each volunteer is encouraged to utilize their own yarn stash for these items. If yarn is needed, volunteers should visit the storage garage and select yarn that is designated for this initiative only. Please only use the yarn that is designated and leave the other yarn for future initiatives and for distribution when we return to our community sites. Please note that additional yarn

will not be ordered for these items. The yarn is in a bin, labelled, and it is the first bin in the storage area. If needles are needed, you can find them in the needle bins.

Process for Becoming Involved

1. If you would like to volunteer to knit one or more of these items, please contact Debbie Heller and tell her which items you will be making and approximately how many you will make. Contact Debbie at debbieheller@gmail.com.
2. After item(s) are completed, they must be washed, placed in a ziplock bag, and mailed or dropped off at Debbie's (Chevy Chase, MD) or the garage storage site in McLean, VA. If mailing or dropping off, contact Debbie for addresses.
3. Items will then be packaged and delivered to sites at the appropriate time later in the fall 2020. Each package will include a card indicating that the item was made by a Project Knitwell volunteer.
4. All items should be completed and returned to Debbie by November 1, 2020.

Thank you for your participation in Knitwell Knits Back!