



Knit a Newlife Nurse...

...and together we will help disabled children and their families.



How Newlife helps . . .

Newlife the Charity for Disabled Children has been supporting families across the UK for more than 20 years. Disabled and terminally ill children are at the heart of everything we do.

Families can call the charity's Newlife Nurse Helpline - 0800 902 0095 (free from UK mobiles & landlines). The helpline provides professional, confidential care and support to families and professionals caring for disabled and terminally ill children.

Newlife provides funding for essential community equipment, such as beds, buggies, wheelchairs, seating systems and much more.

Newlife's Emergency Equipment Loans offer the free loan of equipment which can help children at significant risk of injury and those in urgent need because of unstable life-threatening/limiting conditions or terminal illness. Our unique equipment services are designed and run by responsive professionals. We can act on information received the same day, after delivering equipment within 72 hours.

Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children. The Play Therapy Pods are self-contained and are delivered direct to the families' door.

Families caring for a terminally ill child often find it challenging to find quality family time when memories can be created and treasured. Newlife Comfort Capsules help with this and also provide practical equipment, from portable DVD players to ways to position and relieve discomfort. The free loan of a capsule can help support the emotional needs of the whole family.

Night-time dangers are put to bed

Two hours sleep a night was the best that Mum Deana could hope for. Her son Nehemiah's disability means he doesn't understand the difference between night and day and has absolutely no awareness of danger. She would wake up to find him climbing on wardrobes, breaking lightbulbs and even turning on the cooker.

The five-year-old from Northamptonshire has Autism and his behaviour can be very challenging. Mum Deana says "Nehemiah was sleeping on average just a couple of hours a night. I never knew what he would be up to next, but he just wasn't safe."

Newlife quickly responded with the Emergency Equipment Loan of a specialist bed that has seen "an amazing transformation" in Nehemiah.

Deana says: "Nehemiah now settles down really quickly and has gone from having virtually no sleep at all to going right through the night. If he does jump around in bed he is safe because it is soft and fully padded so he can't hurt himself. Being able to sleep has had a big impact on his daytime behaviour too. We now have proper mum and son time together, enjoying more activities. I can't know what we would have done without the help from Newlife."



Pictured: Nehemiah

Urgent need for more Newlife Nurses . . .

More and more families are turning to Newlife the Charity for Disabled Children for practical help – and our Nurses are the charity’s front line of support. Newlife Nurses provide confidential information on a wide range of disability issues and help parents and carers access our comprehensive equipment grants and loans services. As the number of calls for help has dramatically increased, we have expanded our Nursing team so we can continue to deliver the same high standard of support.

How can I help?

- Using the pattern provided, create your own collectable knitted Newlife Nurses.
- Tell your friends and family about the Newlife Nurse knitting challenge.
- Spread the Newlife message by completing the ‘birth’ certificate (below) and attach it to your Nurse.
- Send the finished knitted Newlife Nurse to the following address:

Newlife, Newlife Centre, Hemlock Way, Cannock, Staffordshire, WS11 7GF.


How will my Nurse help?

We will sell your Nurse to raise funds. We hope that people with a sick friend will buy your Nurse to give as a gift

For more information, contact the Community Fundraising Team on 0800 988 4640 (free from UK mobiles & landlines) or email fundraise@newlifecharity.co.uk

Birth Certificate to be completed by you and attached to your nurse:




Unique Knitted Newlife Nurse Certificate

Name of Nurse

Place of creation

Created by

This Newlife Nurse has been created as a collectable item, dedicated to helping those in need through the work of Newlife.

Creator’s Signature

How to Knit A Newlife Nurse

General materials required

Oddments of double knitting yarn in flesh colours of your choice and white, blue, red and black for the uniform. Choose a hair colour and eye colour of your choice. Each doll requires about 30g (1oz) total weight of yarn oddments. Small button for cape.

Good quality washable stuffing: 85g (3oz) required for each doll.

A pair of tweezers (useful for turning small knitted pieces right side out and also for inserting small amounts of stuffing).

A red colouring pencil for shading cheeks (if you wish).

Knitting needles required

A pair of 3mm (No 11) **use this size for all the pieces, unless otherwise stated.** A pair 4.5mm (No 7)

Abbreviations

cm – centimetre(s); dec – decrease (by working 2 sts tog); g-st – garter stitch (every row knit); inc – increase (by working twice into the same st); in – inch (es); K – knit; oz – ounce(s); P – purl; st(s) – stitch(es); st-st – stocking stitch (K on the right side and P on the wrong side); tog – together; (b) – through back of loop.

Special abbreviations

B & T tightly – means break of yarn leaving a long end, thread it through sts left on knitting needle, pull to gather tightly, then fasten off.

B & T loosely – means same as above, but thread yarn through stitches loosely and leave until later on.

Yrn – yarn round needle as follows. Take strand of yarn under and over the tip of right hand needle, then continue as given in instructions.

Instructions in round brackets

These are to be repeated the number of times stated in the closing bracket

Stars are used to mark a place in the instructions which will be referred to later on. Meanwhile, follow the instructions in the usual way.

Tension

Using 3mm knitting needles and a single strand of double knitting yarn; 26 sts = 10cm (4") in width over st-st, before stuffing.

Casting on

The thumb method is recommended.

Casting off

Always cast off K wise unless otherwise stated.

Working in st-st

Always begin with a knit row unless otherwise stated.

Making up

Join all seams with right sides of work together and back stitch one knitted stitch within the edges, unless oversewing is stipulated. When attaching any very small pieces you can use ordinary matching sewing thread for a neat finish.

Colouring cheeks

Use the side of the red pencil lead and rub it against the knitted stitches with a circular motion.

Working embroidered stitches

To work any embroidered stitches on a toy it is sometimes necessary to start and fasten off the yarn ends invisibly. If this is required, proceed as follows.

Thread a blunt-ended needle with yarn required and knot end of yarn. Take needle through the stuffed toy, passing it between the knitted sts and bring it out at the position required. Pull the yarn to draw the knotted end right inside the stuffing. Tug the yarn to make sure knot is caught in the stuffing. Now work the required embroidered sts. Pass the needle back through the toy again to come out at a position between the knitted sts

Pass the needle back through the toy again between the same sts to come out at a different position. Repeat until yarn is securely fastened off, then pull end of yarn and snip off close to knitted sts.

Twisted cords

To make a cord from a single length of yarn (single twisted cord), cut a strand of yarn four times as long as required. Knot one end around a door knob or hook and knot a loop in the other end to fit round the index finger of your right hand. Keeping the yarn taut, twist your finger round and round in a clockwise direction, steadying the yarn by holding your left hand cupped around it close to your right hand. Keep twisting until, when relaxed, the strand of yarn begins to curl tightly back on itself. Fold cord, at centre, bringing ends together. Allow yarn to twist tightly, knot ends together and trim to length.

Toy safety guidelines

Use only new, hygienic, polyester, washable stuffing which conforms to current safety standards.

When sewing up dolls, use large plastic headed pins. Ordinary pins should not be used as they can pass into knitted dolls between the knitted stitches

Make sure to sew all added pieces securely in place. If a yarn cord is used, sew through the bow so that it can't be undone if pulled.

Legs, body and head

Right leg

Begin at the base of right foot and, using white, cast on 7 sts. Mark the 7th st with a coloured thread, then cast on 10 more sts-17sts

P1 row

Next row: inc K wise into every st-34 sts Beginning with a P row, continue in st-st and work 9 rows.

Break off white and join flesh colour wool for bare leg.

Shape foot

Next row: K4, 1K2tog1 9 Times, K12-25sts P1 row

Next row: <4, 1K2tog; 5 times, K11-20 sts

St-st 19 rows.

Break off yarn and leave sts on a spare double-pointed needle.

Left leg

Begin at base of left foot and, using white, cast on 11 sts. Mark the 11th st with a coloured thread, then cast on 6 more sts - 17 sts.

P1 row

Next row: inc K wise into every st-34 sts Beginning with a P row, continue in st-st and work 9 rows.

Break off white and join flesh colour wool for bare leg.

Shape foot

Next row: <12 (K2tog) 9 times, K4-25sts **Next row:** <11, 1<2tog; 5 times, K4-20 sts St-st 19 rows.

Break off yarn and join on white for parts.

Body and Head

Mark each end of next row with a coloured thread.

With right side of work facing and using white, K across the 20 sts of the left leg on the knitting needle, then across the 20 sts of the right leg on the spare needle - 40 sts.

St-st 13 rows.

Break off white and join blue for upper body

St-st 10 rows.

Shape sides

Next row: K6 (K2tog; 5 times, K8, 1<2tog; 5 times, K6-30 sts

St-st 3 rows.

Break off blue and join on flesh coloured wool for head.

St-st 4 rows.

Inc to shape head

Next row: 1K1, inc in next 2 sts to end - 50 sts.

St-st 23 rows

Shape top of head

Next row: <2,1<2tog, K2; to end-38sts P1 row.

Next row: <2,1<2tog, K11 to end-26sts.

Next row: 1P2tog1 to end-13 sts 3 & T loosely.

MAKING UP, LEGS, BODY AND HEAD

Join row ends of body and head from the coloured threads to B&T sts, leaving a gap for stuffing.

Join row ends of each leg from coloured threads to cast on edges.

The coloured thread at each cast on edge marks the centre front of each foot. Beginning at each of these

coloured threads, oversew cast on sts together. The leg seams will now be turned slightly to the inside leg positions. Turn doll right side out. Stuff feet, then legs and body through gap in seam. Each leg should measure 11cms (4 1/4 ins) around. The body should measure 21 cms (8 1/4 ins) around the waist. Close gap in seam.

Stuff neck, then head. Head should measure 24cms (9 1/2 ins) around. Pull up the B&T length of yarn slightly and continue stuffing to round off top of head. Pull up the length of yarn tightly and fasten off.

To shape the neck, use two strands of yarn to match the head and gather round the first knitted row of the head colour. Pull up the gathers very tightly and knot ends of yarn. Sew yarn ends into neck.

To shape thumb - doll facing you.

Using flesh coloured wool, take needle through toy, 2 rows down and 2 sts in on the hand. Make a loop over end of hand and pull tight to make thumb shape. Make another st in the same place. Fasten off wool securely.

Repeat for other thumb.

FACE

Using a colour of your choice for the eyes, starting and fastening off yarn end as described in 'Working embroidered stitches'. Mark eye positions with pins, 12 knitted rows above the head inc shaping row, leaving 4 clear knitted stitches between pins. For one eye work a straight st starting at marked position and ending 2 knitted stitches below the marked stitch. Work another stitch in the same position. Work a straight st to make eye into a cross. Work another stitch in the same place.

Repeat for the other eye.

Please feel free to customise your nurse by adding glasses, freckles, etc.

Use red yarn for the mouth. Work two smc1 stitches to form V-shape, with lower point of V at centre of face and 4 knitted rows above the head inc shaping row.

Colour cheeks with red pencil.

SHOE BOWS

Make to 12cm (4 13/4 ins) single twisted white cords. Tie each one in a bow and sew to centre of feet.

Using black yarn, work a backstitch either side of bow knot. Make another backstitch joining top of each black stitch and another joining the bottom of the black stitches. This will form the shoe buckle as illustrated.

HAIR PIECE

Notes: Use suitable hair colour and 4 1/2mm (No 7) knitting needles.

First knitted row is wrong side.

Cast on 16 sts.

1st and 2nd rows: <

3rd row: Cast off 2sts, < to last 3 sts, turn

4th row: K to end

5th row: inc in first 2 sts, K to last 5 sts, turn.

6th row: < to end

Repeat these six rows 11 more times. Cast off.

Oversew cast on and cast off edges together. Gather round the short set of row ends, pull up tightly and fasten off. Turn right side out.

Place the piece on doll's head with seam at centre back. Pin each way point to the head, then sew in place as pinned.

ARMS

Make two alike.

Begin at end of hand and, using yarn to match head, cast on 8 sts.

P1 row.

Next row: inc <wise into every st-16.

Beginning with a P row, st-st 19 rows. Ending with P row.

Break off yarn and join colour for sleeve. With right side facing g-st 2 rows.

Next row: <3, inc in next st, <2] 3 times, inc in next st, K3-20sts.

Beginning with P row, continue in st-st and work 3 rows.

Shape top

Cast off 3 sts at beginning of next 2 rows-14sts.

Dec 1 st at each end of next 4 rows-5 sts.

Next row: IK2tog] to end-3 sts. Cast off.

To make up

Join row ends of each arm leaving the top shaped edges open. Oversew across cast on sts. Turn right side out and stuff lightly. Pin the open top edges to sides of doll, with cast off edges just below the doll's neck. Sew in place as pinned, adding more stuffing at tops of arms if necessary.

Sleeve Cuffs (Make two alike)

Using white, cast on 20 sts and st-st 3 rows. Cast off.

Oversew row ends of each cuff together. Turn right side out. Place one on each arm, with cast off edge level with lower edge of sleeve and seam at under-arm. Sew in place.

Skirt and Apron

(Knitted in one piece)

Begin at lower edge and, using blue, cast on 72 sts.

G-st 2 rows.

Beginning with a K row, st-st 2 rows.

Break off blue and join on white for apron.

G-st 2 rows.

Beginning with K row, st-st 16 rows.

Next row: IK2, K2tog] to end—54 sts.

Cast off.

Apron bib

Begin at top edge and, using white, cast on 74sts.

St-st 11 rows, but K the first and last st on every P row.

Cast off.

Sew bib to centre front of doll, with cast off edge level with cast off edge of apron.

Watch

Split a length of dark grey yarn to get a fine strand.

On the apron bib work two small vertical stitches side by side, with two tiny horizontal stitches across top end. At other end, work four tiny back-stitches to form a circle, then oversew through each back stitch.

Cap

Begin at front edge and, using white, cast on 40 sts.

G-st 2 rows.

Beginning with a K row, st-st 5 rows, but K the first 2 sts and last 2 sts on every P row.

Next row: <.

Shape for back section

Next row: Cast off 12 sts P wise (one st now remains on the right hand needle), P 5 sts, then cast off remaining 12 sts P wise-16sts remain at centre of piece.

With wrong side of st-st facing, rejoin yarn to the first st of 16 sts. Beginning with a P row, st-st 16 rows, for back section of the cap.

G-st 2 rows, then cast off.

With right side of st-st outside, oversew each set of 12 cast off sts to the adjacent set of row ends of back section.

Place cap on doll's head as illustrated and sew in place.

Collar

Begin at lower edge and, using white, cast on 38 sts.

<1 row right side], then cast off.

Place cast off edge around doll's neck and catch ends of cast off edge together at centre front.

Sew cast on edge of collar to doll.

Belt

Using rec yarn, cast on 2 sts.

G-st as many rows needed to fit around doll's waist.

Cast off.

Loosely sew belt around doll's waist.

Cape

Using rec yarn, cast on 72 sts.

G-st 4 rows.

1st row: K.

2nd row: K4, P to last 4 sts, K4.

Repeat last 2 rows 7 times.

Next row: <4, K2tog tbl, K7, K2tog tbl, <7, K2tog tbl, K7, <2tog, K7, K2tog, K7, <2tog, K7, K2tog, K8 K 4. (65sts)

Next row: as row 1.

Next row: <4, K2tog tbl, K6, K2tog tbl, <6, K2tog tbl, K 6, K2tog tbl, K5, K2tog, <5, K2tog, K6, K2tog, K6, <2tog, <5, <2tog, K4 (57sts)

Next row: as row 1.

Next row: <4, K2tog tbl, K5, K2tog tbl, K5, <2tog tbl, K5, K2tog tbl, <3, <2tog, K5, K2tog, K5, K2tog, K5, <2tog, <4 (49sts)

Next row: as row 1.

Next row: <4, K2tog tbl, K4, K2tog tbl, <4, K2tog tbl, K4, K2tog tbl, K1, <2tog, K4, <2tog, K4, K2tog, K4 (41).

Next row: as row 1.

With right side facing, cast on 12 sts.

Next row: K.

Next row: < to last 3 sts, cast off 1st, K1.

Next row: <2, cast on 1st, K to end.

Cast off.

Sew small button on left side of cape to fasten.