

## Knitting Instructions for Forget-Me-Not ribbed wristbands

- Double knitting Forget Me Not colour (pale to mid blue) wool or wool & nylon for the best “springiness”.
- Size 8 (4mm) knitting needles
- A total of 60 rows

This pattern will give a finished length of band (unstretched) approx 5” (12.5cm) to approx. 8” (20cm) when stretched.

To get the ribbed effect, the band is knitted in 4 row sets of stocking stitch (knit 1 row, purl 1 row) reversing the stitch on each 5<sup>th</sup> row as described below. (For a firm edge slip the first stitch of each row and end each row with a knit stitch.)

Cast on 10 stitches

Row 1            knit  
Row 2            purl

Rows 3 – 6 (first set of 4)            purl 1 row, knit 1 row, purl 1 row, knit 1 row

Rows 7 – 10 (second set of 4)        knit 1 row, purl 1 row, knit 1 row, purl 1 row

Repeat the above sets of rows 3-6 and 7-10 rows (7 times) until you have completed 58 rows including rows 1 & 2.

Row 59            purl  
Row 60            knit

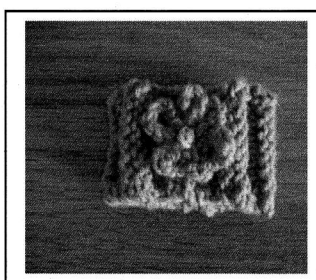
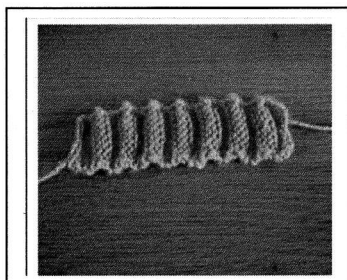
Cast off leaving enough length of yarn to sew the two ends together.

Before sewing the ends, create your Forget me Not flower as below and sew this in the middle of the band, then sew the two ends together with an over stitch for a smooth join.

### **Forget Me Not flower – using size 10 needles**

Cast on 48 stitches

- First and only row: (knit 1, cast off 6) 6 times, leaving 12 stitches on the needle
- Break off the yarn with a long end and thread through these stitches. Draw up and secure tightly.
- For the yellow centre of the flower either sew, crochet or knit a small “blob”



Please bring any knitted bands to Voluntary Services in main reception level 2 Craven Road or contact us on [Voluntary\\_services@royalberkshire.nhs.uk](mailto:Voluntary_services@royalberkshire.nhs.uk)