



# ***Knit Happens***

at

***The Neighbourhood Centre***

***96 Russell Street,***

***Bathurst***

***Telephone 63324866***



***Knitting Sensory Comfort Sleeves  
for people with  
Dementia or Alzheimer's***

## **WHAT IS A COMFORT SLEEVE**

Sensory stimulation has been shown to not only bring enjoyment to people living with Alzheimer's or Dementia and also assists in fighting against anxiety and depression.

Comfort Sleeves are made using different colours and textures of wool. They are embellished with buttons, beads, ribbons and bells just to name a few. These sleeves provide warmth, visual, tactile and sensory stimulation.

## **HOW CAN YOU HELP?**

Come to The Neighbourhood Centre and join in this fun activity with the "Knit Happens Group", on the **1st Tuesday of each month from 12noon to 1.45pm commencing 4th April**. Knitting needles and easy instructions will be provided.

Free tea and coffee provided.

## **OTHER WAYS YOU CAN HELP?**

If you are unable to attend but would still like to help, you can contribute to this wonderful project by donating wool oddments plus decorations such as large buttons or any beads, ribbons, bells and squishy things

**We welcome people from all  
backgrounds and countries.**

***Beginner Knitters are welcome***

Knit Happens is an initiative of  
The Bathurst Neighbourhood Centre