



This is the lollipop flower quilt we made at our last meeting:

*In May we gave away the following to Baby Basics, Sheffield Hospitals Charity (Northern General & Jessop's), Children's Hospital*

9 Children's Book Bags, 12 bibs; 7 Fiddle Quilts; 3 drawstring bags; 7 zippy bags (+ toiletries); 7 Quilts; 5 sheets; 25 large toy bags; 2 knitted blankets; 10 prs bootees; 34 cardies; 3 fiddle muffs; 10 hats and 20 knitted toys.

Knitting is an ancient craft with a rich history, originating in the Middle East and introduced to Europe during the Crusades. While it's often associated with women, men were the original knitters, with the first knitting guild in Paris being exclusively male. Knitting is not just a craft; it's also been shown to have therapeutic benefits, potentially reducing stress and improving motor skills.

- **Early Knitting:** Knitting is thought to be older than crochet, but younger than weaving.
- **Early Materials:** Cotton and silk were more popular than wool in the early days of knitting.
- **Knitting Needles:** Early knitting needles were made from materials like bone, ivory, and tortoise shell.
- **World War 1** - women were encouraged to knit socks, scarves, and caps for soldiers.
- **Therapeutic:** Knitting can help reduce heart rate, blood pressure, and promote relaxation.
- **Record-Breaking:** The longest knitted scarf was 4,565.46 meters long, knitted by Helge Johansen in Norway.
- **The fastest knitter** in the world can knit 118 stitches per minute - almost 2 stitches per second
- **Calories:** It takes 32 muscles to knit but you burn more calories (100 per hour) when crocheting.

Meeting Dates for 2025: 4<sup>th</sup> Tuesday of each month, 2-4 pm  
22 July; 26 August; 23 September; 28 October; 25 November

June 2025