



Southampton
Hospital Charity
Charity registration number: 1051543

FIDGET BLANKET TEMPLATE

A "Fidget, Fiddle, or Busy" Activity Blanket is a small lap quilt, mat or blanket that provides sensory and tactile stimulation for the restless or "fidgety" hands of someone with Alzheimer's or related Dementias.

If you are not a knitter, these can easily be made with a variety of scrap fabrics simply sewn together in any random pattern and machine sewn straight line stitching around the blocks.

They can also be made as lap sized blankets using fleece or other fabrics with tactile elements attached on top.

Fidget Quilts or Blankets provide sensory or tactile stimulation through the use of fabric choices, colours, textures, and the use of simple accessories such as pockets, laces, trims, appliques, buttons, secured beads, ribbons, braids etc.

Suggested size: 18" x 24" / 46cm x 60cm



THANK YOU FOR YOUR SUPPORT

Completed Fidget Blankets should be returned to:
Southampton Hospital Charity
Mailpoint 135, Southampton General Hospital
Southampton, SO16 6YD