

'Fidget' or Sensory blankets can be quilted, knitted or crocheted blankets with different decorations to provide sensory stimulation for residents living with dementia or a lovely gift for those who are not.

- The blanket can be plain, simply to provide, warmth and comfort.
- Brightly coloured but not too heavily patterned.
- They can be large to lay across a resident's bed or big enough to lay over a resident's legs.

Please feel free to decorate your blanket

- Ribbons, beads buttons, loops, zippers, buckles, pompoms, a pocket or two to put things in etc.
- But keep it simple, too much could be scary or confusing for some of our residents.

Very importantly

- All decorating items should be securely attached so that residents cannot pull them out.
- Decorative items should be large enough so if residents do manage to pull them off they can't swallow them.

Note that all blankets that we receive will be quarantined for 72 hours before being sent on to their new home.

We would like to let you know where your hard work and creativity is being used and appreciated.

If you would like to hear more please enclose some contact details with your blanket e.g.* your name Facebook, email or home address

* Contact details are optional and used only so that we can send a thank you message and photo of your blanket being used. They will not be stored or used for marketing purposes

Please send your finished blanket along with your *name and contact details to the below address.

Blanket Appeal

MHA – Epworth House

3 Stuart Street

Derby

DE1 2EQ

Thank you

