

Thank you for joining Sands Knitting Challenge

This knitting pattern is available to help you to create your first memory blanket. You can use an alternative pattern if you would like to, however please ensure that any blankets made are white squares, between 20" and 24" in size.

Easy baby blanket with lace option

This lace border makes the easy blanket very special, and you can use any white wool and needles to suit for the border, to give a soft drape. However, we are happy for you to knit to the basic pattern, which will knit a 20"-24" square. Size will vary due to each knitters tension, style and wool but it will always come square.



Basic blanket

200gm of Double-knit Wool and 4 mm/UK size 8/US size 6 needles.

Tie your yarn to your needle

Row 1: - KFB (increase by knitting into the front and back of the same stitch), 2 stitches on needle.

Row 2: - K1, M1, 3 stitches on needle.

Row 3: - K1, M1, K1 4 stitches on needle.

Row 4: - K1, M1, K2

Continue to knit, **always** knit the first stitch then increase the 2nd stitch of each row.

Continue until you have almost come to the end of the 100gm ball. Measure your sides to check you are on track to be between 20" and 24" with your finished blanket before moving to the next step. (Remember to allow for a boarder if you are adding one.)

Knit 1 row plain.

Next row: - K1, K2TOG, knit to end of row. Continue this way, always knit the 1st stitch then decrease into the next stitch by knitting 2 together until 1 stitch remains, cast off. You should now have a neat square.

Lace edging

Using Double knit wool and size 8 (UK) needles cast on 8 stitches

Row 1 (Wrong side) Slip 1, Knit 1, (Yarn fwd knit 2 tog) twice, Yarn fwd, knit 2 (9 sts)

Rows 2, 4, 6, 8 and 10. Slip 1 knit to the end.

Row 3. Slip 1, knit 2 (yarn fwd knit 2 tog) twice. Yarn fwd knit 2 (10 sts)

Row 5. Slip 1, knit 3 (yarn fwd knit 2 tog) twice. Yarn fwd knit 2 (11 sts)

Row 7. Slip 1, knit 4 (yarn fwd knit 2 tog) twice. Yarn fwd knit 2 (12 sts)

Row 9. Cast off 4 sts. Knit to the end (8 sts)

These 10 rows form the pattern. Continue in pattern until it is long enough to fit all around. Sew onto the blanket.

Please send the finished blankets to: **Sands Memory Box Blanket Appeal, C/O Partridges, Eagle Avenue, Magnetic Park, Desborough, NN14 2WD.** Please complete the enclosed slip so that we can acknowledge receipt.

Any queries?

Please email fundraising@sands.org.uk.

Frequently asked questions:

Q: Why do Sands Memory Box blankets need to be white?

A: To ensure that Memory Boxes are appropriate for every baby, we only use white blankets as they are a neutral colour. In some cases where a baby has died early in pregnancy, parents simply do not know the gender of their baby, and different colours can have different cultural significances.

Q: Do you accept blankets that are not hand knitted or crocheted, for example fleece?

A: No. We only accept hand knitted or crocheted blankets made with wool (or synthetic fibres).

Q: Can I use my own pattern?

A: Yes, as long as you keep the blanket white and between 20" and 24" in size, all designs are welcomed.

Q. Do you accept knitted items other than blankets?

A. No, unfortunately we can only accept white blankets. If you have other items to donate, such as blankets of different sizes or colours, or baby clothes, please get in touch with your local hospital, to see if they can accept them.

Q: I'd like to crochet a blanket for a Sands Memory Box, can I do this?

A: Yes! Please use our crochet pattern available at: sands.org.uk/get-involved/volunteer-sands/knit-sands

Q: Do I need to knit the blanket in a certain amount of days?

A: No, you can tailor the challenge to suit you and complete at your own pace.

Q: Can I knit more than 1 blanket?

A: Yes, if you have the wool and the time, you can knit as many as you like!

Q: How many stitches should I have before I start decreasing?

A: keep increasing until you've used one 100g ball, then attach the second 100g ball (magic knot has been the method suggested by a sands staff member - YouTube have lots of examples) and then start decreasing.

We have found the average people increase their stitches to sits between 130 and 180. However, this varies a lot for each knitter depending on their tension. Do double check your measurements before deciding to decrease.

Q: How can I get people to sponsor me to knit?

A: Share your fundraising page far and wide and ask those around you to support you in your efforts if they are able to. Share the reason you're knitting, and the difference donations can make. You could also ask people to challenge you with their donations, for example: for every £20 donated I will complete X number of hours/stitches (or X number of blankets if you are an experienced knitter!). Do what works for you and what you think people may sponsor you for.

Q: Do I have to collect sponsorship and fundraise alongside?

A: Fundraising is optional, we are delighted to have you with us donating your time and skill to make the blankets. If you are able to fundraise alongside this a bonus, and will help us ensure all blankets are delivered in beautiful memory boxes to bereaved parents.

Q: How else can I support the work Sands does?

A: There are loads of ways you can get involved to help us support bereaved parents, improve the care they receive and help us ensure that fewer babies die in the future. Find out more in the Get Involved section of our website: sands.org.uk/get-involved.

Sands. Charity Registered in Scotland SC042789, England and Wales 299679. We also operate in Northern Ireland. Company Limited by Guarantee Number: 2212082. Registered Address: 10-18 Union Street, London, SE1 1SZ.