



LEAH LODGE
CINNAMON LUXURY CARE



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Loneliness hurts Dolly campaign 2024

Knit or crochet or even sew your own nana or papa and/or child dolly and tell us 'what you love about them' on a blank tag. Or just knit, crochet or sew lovehearts for our bunting. Help us create a touching yarnstorm in a secret location to tell how loneliness hurts

Mycenae House
**Reach
Out
Projects**

THE REACH OUT PROJECT, MYCENAE HOUSE,
90 MYCENAE ROAD, BLACKHEATH, SE3 7SE,
MYCENEOUTREACH@GMAIL.COM
TEL: 0208 305 0922/8 858 1749

RECTORY COURT CARE HOME,
THE GLEBE, BLACKHEATH, LONDON SE3 9TU

LEAH LODGE CARE HOME, BLESSINGTON ROAD,
BLACKHEATH, SE13 5EB,
LEAHLODGE.HAA@CINNAMONCC.COM
0208 318 2272

WE NEED OUR COMMUNITY TO HELP US YARNSTORM!

READ ABOUT KNIT, CROCHET OR SEW YOUR OWN NANA OR PAPA, CHILD DOLLY & HEARTS CAMPAIGN 2024

The Mycenae Reach Out Project and Rectory Court Care Home in Blackheath will be yarnstorming to highlight how loneliness hurts by asking our community to knit an older and younger dolly holding hands. We want to join older and younger dollies together on loveheart bunting. We will attach blank tags for the community to write their own comments about how they love their nana or papa. We want to make this an easy knit or crochet so the dollies are flat easy make dollies. We will also have some 'take me home' dollies placed on benches

Those involved will be invited to attend a Summer celebration at Rectory Court Care Home on 26th June 2024.



HOW CAN YOU HELP

Either sit and knit an easy make dolly at home or join us at 'sit and knit' events when published. If not donate and send your dollies to Deborah at Mycenae House, 90 Mycenae Road, London, SE3 7SE. Photographs of flat dollies examples are on the next page. If you cannot knit or sew then take some photo's and share with us on facebook at 'Deborah Mycenae'

MAKE A BASIC KNITTED/CROCHET HEART

We don't mind what colour or size or how many. We need as many hearts as possible to join the dollies onto bunting ready for a yarnstorm.

KNIT YOUR OWN NANA OR PAPA

email
mycenaereachout@gmail.com for a pattern or use your own pattern

KNIT YOUR OWN CHILD

Follow the basic pattern or knit your own. For the pattern simply half the sizes of the older dolly.

WHEN WE DO NEED THIS BY AND DO YOU COLLECT?

Send us your dollies by end of May 2024. Apologies we are unable to collect the dollies or hearts personally.

Photo:
This beautiful Lonely Dolly was handcrafted by Syliva Peters- Vader

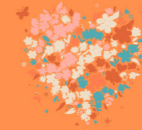


MAKE THE HEARTS WITH AN EASY CROCHET PATTERN



I find knitting a truly amazing activity.

A person can do a lot with just a few simple techniques!



HOW TO MAKE THE HEARTS

EASY CROCHET PATTERN

Crochet Hook: Select an appropriate hook size based on your yarn choice. Begin by chaining 4 stitches.

- In the first chain you made, work the following stitches: 3 treble crochets, 3 double crochets, 1 treble crochet, 3 double crochets, 3 treble crochets.
- After this, chain 2 and complete the round with 1 slip stitch. This forms the top part of the heart.
- Chain 3 to start the next round. In the first treble crochet of the previous row, make 3 single crochets.
- In the second treble crochet of the previous row, make 3 single crochets.
- Continue by making 1 single crochet in each of the next four stitches.
- In the treble crochet at the bottom/point of the heart, work 1 single crochet, 1 double crochet, and 1 single crochet to shape the bottom of the heart.
- Proceed by making 1 single crochet in each of the next four stitches.
- Make 3 single crochets in the next treble crochet of the previous row.
- Finally, make 3 single crochets in the last treble crochet of the previous row.
- Chain 3 to complete the round. Then, make 1 slip stitch in the middle of the heart.
- Fasten off your work, and your crochet heart is complete!

MAKE A KNITTED/CROCHET DOLLY EASY PATTERN



We will yarnstorm in
a secret, local area
to raise awareness
of loneliness

Knit, sew or crochet your own nana or papa and/or a smaller child dolly. Sew them together so they are holding hands and we will join them to our lovehearts bunting - note these are flat dollies so need to use stuffing

How to do - flat dollies for the yarnstorm



HOW DO I DO IT?



KNIT PATTERN

Email mycenaeboutreach@gmail.com
for a pattern

CROCHET PATTERN

Email mycenaeboutreach@gmail.com
for a pattern

THEN WHAT?

Make a child dolly and sew together
at the hand ready for us to put onto
the loveheart bunting

WHERE DO WE HAND IN OUR DOLLIES?

Drop off handmade dollies for
(Deborah) at Mycenaeb House,
(Jessica) at Rectory Court or Leah
Lodge Care Homes (address on front
of leaflet)

WHAT HAPPEN'S NEXT?

We will attach blank tags for the
community to write what they love
about their nana or papa. The John
Roan School will help us to yarnstorm
and you will see your dolly and see
what the community writes about their
nana or papa. This is an
intergenerational project to highlight
how loneliness hurts with a Secondary
School, a Community Centre and a Care
Home. Those involved are invited to
attend a Summer Party at Rectory
Court Care Home on 26th June 2024