

### Forget-me-not Dementia Awareness Flower

#### Materials:

Yarn and Needles— Any blue yarn and needles to match . Depending on the weight, one flower requires 2 to 3 yards of blue yarn for the petals and 1 yard of similar or lighter weight yarn in yellow for the centre.

#### Knitting pattern:

Knit Flower: There is only one row to this flower after you have cast on.

Cast on 40 sts

Row 1:

K1, Cast Off 6 (you should have 2 sts on your right needle)

K1, Cast Off 6 (you should have 4 sts on your right needle)

K1 Cast Off 6 (you should have 6 sts on your right needle)

K1, Cast Off 6 (you should have 8 sts on your right needle)

K1, Cast Off 6 (you should have 10 sts on your right needle)

Cut your yarn 8" long. Thread the 8" tail through a tapestry needle and pull that needle through each of the remaining 10 stitches on your needle. Secure tail and shape flower. Sew in ends. Add yellow centre using any embroidery stitch you like to make a five-part yellow centre. Satin stitch works well, or daisy stitch or French knots. Sew in ends.



#### 2. Crochet pattern:

Use the hook size suggested on the yarn label for the weight of yarn you have.

Used terms: chain (ch), slip stitch (sl st.), treble (triple) crochet (tr), single crochet (sc).

**Pattern:** Ch 4 and join with sl st to make ring. Round 1: 4 sc in ring, sl st with last sc to join Round 2: \*ch 4, 2tr, ch 4, sl st\* in same stitch Repeat round 2 for all 5 petals, but start the 2nd (and consequently the others by making a sl st in the new petal prior to making the ch4)

Cut yarn, weave ends

Add yellow centre using any embroidery stitch you like to make a five-part yellow centre.

*You can use single flowers for pins, hairclips or bookmarks. Clusters of flowers can be sewn to a hat or scarf or hair band. Or have fun devising your own way of using them for raising awareness of dementia.*