



Knit an elephant for *little brainstrust*



What is *little brainstrust*?

Every year in the UK, the families of around 500 children are told the news that they have a brain tumour. A brain tumour is a terrifying diagnosis to get to grips with, especially when it's that of a child. It carries an uncertain future and the possibility of a limited or shortened life. Brain tumours are the biggest cancer killer in children, and families know that this diagnosis will change things forever. Families find themselves lost, confused and isolated in this new 'brain tumour' world that they didn't expect to be living in.

We know that having a brain tumour doesn't stop when treatment in hospital finishes. Thousands of families are living with a brain tumour diagnosis and its effects long term. Around a third of children who've had a brain tumour will face a future with a physical or cognitive deficit.

At *brainstrust*, we help families to find their feet in this new world. We can provide:

- Time to talk about living with a brain tumour, to help families feel more in control
- Information to make negotiating life with a brain tumour easier
- Opportunities for families to connect

This all helps families to feel stronger, better resourced and less alone.

An essential part of our children and families' support is a 'little brain box'. The boxes are sent to families full of useful resources, tea and toys to help families find their feet with a future that is far from certain.

That's where you come in!



We need an army of elephants!

We want to knit as many elephants as we can, so that we can send every family an elephant with their brain box, and let them know that they're not alone.

Inside this pack you will find:

1 knitting pattern

A name label template (you can cut this out or make your own)

What to do

1. Familiarise yourself with the pattern below. If it looks tricky, challenge yourself!
2. Choose your wool, find some stuffing and get crafting!
We haven't included wool with the booklet because we want each elephant to be unique, just like the families they'll be given to. Please don't use beads or any other small parts for your elephants, as each elephant may be given to a young child.
3. Make your elephant and give it a name!
4. Make a small name label and tie it around your elephant's neck. You can use the template below, or make your own!
5. Once you've put the finishing touches on your elephant, pop it in the post to us at:

**brainstrust, 4 Yvery Court, Castle Road
Cowes, Isle of Wight PO31 7QG**

and we'll send it on to a family who could use a little pick-me-up.

6. Put your feet up and know you've helped bring a little joy and comfort to a family who are facing a huge uphill battle.

If you'd like to find out more about our work at *little brainstrust*, visit www.littlebrainstrust.org.uk or email hello@brainstrust.org.uk



Fundraising

By knitting an elephant, you're already supporting our community in an amazing way. Thank you! If you'd to find out more about other ways you can support the life changing work that we do, please don't hesitate to get in touch – we'd love to hear from you. Just email hello@brainstrust.org.uk or call **01983 292 405**.



HATTY the ELEPHANT

KNITTING PATTERNS BY AMANDA BERRY

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YARN + NOTIONS

Needles:

- A pair of 3.75mm straight knitting needles (US 5)
- A pair of 3.5mm double pointed needles (US 4) to make an i-cord tail

Notions:

- Toy filling (less than 100g)
- A darning or tapestry needle to sew the knitted pieces together
- 2 x 5mm diameter black buttons for eyes, a small amount of white felt fabric, sewing needle and thread

Yarn:

All DK weight yarns, and less than 50g in each colour:

- **Grey:** For the elephant
Hayfield Bonus DK in "Silver"
- **White:** For the tusks (less than 5g)
Hayfield Bonus DK in "White"

Note:

The elephant body pattern uses a provisional cast on. There are several methods for working a provisional cast on, and you can choose your preferred method. You will also need another knitting needle or crochet hook (depending on your preferred method), plus some waste yarn in a different colour to work the provisional cast on.



NOTES

Finished size: The elephant is approximately 10cm tall and 12.5cm wide.

Work flat: All pieces are knitted flat (back and forth) on a pair of straight knitting needles, apart from the tail which is i-cord worked on two DPNs.

Tension: The tension is approximately 22 sts x 28 rows for a 10cm x 10cm square in stockinette stitch on 3.75mm needles. Don't worry too much about tension for this pattern.

Casting on: Unless otherwise specified, use the long tail cast on for all pieces.

Yarn: The yarn used was sold in skeins weighing 100g, and one skein in each colour will be more than sufficient to knit your elephant.

ABBREVIATIONS

approx Approximately

cm Centimetre

DPN(s) Double pointed needle(s)

DK Double knitting or light worsted weight yarn

k Knit

k2tog *Decrease:* knit two stitches together.

kfb *Increase:* knit twice into the stitch. Knit into the front of the next stitch on the left hand needle, but do not slip off the needle. Then take the right hand needle and knit into the back of the stitch, then remove the loop from the left hand needle.

Kitchener stitch

An invisible grafting technique used for the top of the body. Find a free tutorial on how to work kitchener stitch at the following link:

<http://fluffandfuzz.weebly.com/tutorials/how-to-do-kitchener-stitch-grafting>

mm Millimetre

p Purl

Provisional cast on

A temporary cast-on used for the top of the body so that the top edge can be seamed using kitchener stitch.

Pull through to cast off

Cut the yarn leaving at least a 30cm tail. Thread the tail onto a darning needle and sew through the remaining sts on the knitting needle. Pull the sts off the knitting needle on to the yarn, gather together tightly and secure the yarn.

rem Remaining

rep Repeat

RS Right side

ssk *Decrease:* slip the next stitch on the left needle knit-wise, then slip the next stitch on the left needle purl-wise. Take the left needle and knit through the front of the two slipped stitches on the right needle

st(s) Stitch(es)

turn Turn the work (as you would at the end of a row) but leaving some sts unworked at the end of the row. In this pattern, you do not need to wrap the next stitch at the point of the turn.

WS Wrong side

[...] Repeat the sequence between the square brackets by the number indicated.

(.. sts) The number in round brackets at the end of the instruction indicates the number of stitches after working the row.

KNITTING PATTERNS

Elephant Body

Make 1. Cast on 40 sts on 3.75mm needles using the waste yarn and a provisional cast on.

Work row 1 and all following rows in grey.

Row 1: p (40 sts, WS)

Row 2: [k2, kfb, k14, kfb, k2] x 2 (44 sts)

Row 3: p (44 sts)

Row 4: [k3, kfb, k14, kfb, k3] x 2 (48 sts)

Row 5: p (48 sts)

Row 6: [k4, kfb, k14, kfb, k4] x 2 (52 sts)

Row 7: p (52 sts)

Row 8: [k5, kfb, k14, kfb, k5] x 2 (56 sts)

Row 9: p (56 sts)

Row 10: k (56 sts)

Row 11: p (56 sts)

Rows 12 to 21: rep rows 10 and 11 five times (56 sts)

Row 22: k19, cast off the next stitch, k to the last 20 sts, cast off the next stitch, k the rem sts (54 sts)

After working row 22 you should have 54 sts on the needle as follows: 19 sts (side of the body), a break for the 1 cast off stitch, 16 sts (the trunk), a break for the



1 cast off stitch, 19 sts (side of the body).

Row 23: p19, turn leaving the rem sts unworked (54 sts)

Row 24: k19 (54 sts)

Rows 25 to 26: rep rows 23 and 24 (54 sts)

Row 27: rep row 23 (54 sts)

Row 28: k9, cast off the next stitch, k the rem sts (53 sts)

After working row 28 you should have 53 sts on the needle as follows: 9 sts (back leg), a break for the 1 cast off stitch, 9 sts (front leg), a break for the 1 cast off stitch, 16 sts (trunk), a break for the 1 cast off stitch, 19 sts (side of the body).

Row 29: p9, turn leaving the rem sts unworked (53 sts)

Row 30: k9 (53 sts)

Rows 31 to 42: rep rows 29 and 30 six times (53 sts)

Cast off the 9 sts you just worked (44 sts)

After the cast off you should have 44 sts on the needle as follows: 9 sts (front leg), a break for the 1 cast off stitch, 16 sts (trunk), a break for the 1 cast off stitch, 19 sts (side of the body). Now work the front leg from row 1 below, starting with the WS facing you.

Front leg

(continues from the body pattern above)

Row 1: p9, turn leaving the rem sts unworked (44 sts, WS)

Row 2: k9 (44 sts)

Rows 3 to 14: rep rows 1 and 2 six times (44 sts)

Cast off the 9 sts you just worked (35 sts)

After the cast off you should have 35 sts on the needle as follows: you should have 16 sts (trunk), a break for the 1 cast off stitch, 19 sts (side of the body). Now work the trunk from row 1 below, starting with the WS facing you.

Trunk

(continues from the front leg pattern above)

Row 1: p16, turn leaving the rem sts unworked (35 sts, WS)

Row 2: k16 (35 sts)

Rows 3 to 10: rep rows 1 and 2 four times (35 sts)

Row 11: rep row 1 (35 sts)

Row 12: k1, ssk, k3, k2tog, ssk, k3, k2tog, k1 (31 sts)

Row 31: p12, turn leaving the rem sts unworked (31 sts)

Cast off the 12 sts you just worked (19 sts)

After the cast off you should have 19 sts on the needle (the side of the body). Now work the side of the body from row 1 below, starting with the WS facing you.

Side of body

(continues from the trunk pattern above)

Row 1: p (19 sts, WS)

Row 2: k (19 sts)

Row 3: p (19 sts)

Rows 4 to 5: rep rows 2 and 3 (19 sts)

Row 6: k9, cast off the next stitch, k the rem sts (18 sts)

After working row 6 you should have 18 sts on the needle as follows: 9 sts (front leg), a break for the 1 cast off stitch, 9 sts (back leg).

Row 7: p9, turn leaving the rem sts unworked (18 sts)

Row 8: k9 (18 sts)

Rows 9 to 20: rep rows 7 and 8 six times (18 sts)

Cast off the 9 sts you just worked (9 sts)

After the cast off you should have 9 sts on the needle for the back leg. Now work the back leg from row 1 below, starting with the WS facing you.

Back leg

(continues from the side of body pattern above)

Row 1: p (9 sts, WS)

Row 2: k (9 sts)

Rows 3 to 14: rep rows 1 and 2 six times (9 sts)

Cast off all sts.

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MAKING UP

Elephant Ears

Make 2. Cast on 24 sts in grey on straight 3.75mm needles.

Row 1: k (24 sts)

Row 2: [k2, k2tog] x 6 (18 sts)

Row 3: k (18 sts)

Row 4: [k1, k2tog] x 6 (12 sts)

Row 5: k (12 sts)

Row 6: [k2tog] x 6 (6 sts)

Row 7: [k2tog] x 3 (3 sts)

Pull through to cast off

Elephant Tail

Make 1. Cast on 3 sts in grey on a 3.5mm DPN.

Using two DPNs, work i-cord for a length of 2cm (or your desired tail length).

Pull through to cast off.

Elephant Tusks

Make 2. Cast on 8 sts in white on straight 3.75mm needles.

Row 1: p (8 sts, WS)

Row 2: k (8 sts)

Row 3: p (8 sts)

Row 4: k1, k2tog, k2, k2tog, k1 (6 sts)

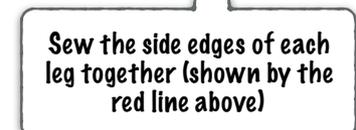
Row 5: p (6 sts)

Row 6: [k2tog] x 3 (3 sts)

Pull through to cast off.

Body: Fold the elephant piece in half. Join together the cast off edges of each leg, and join together the cast off stitch on each side of the body between the legs.

This fold creates the four legs. Sew the side edges of each leg together, so you have four little pockets for the legs.



Now push this seamed edge at the bottom of the legs up inside the body, so that it is in line with the cast off stitch on the body in between the legs.



Now finish the top of the body.

Provisional cast on at the top of the body



Remove the waste yarn from your provisional cast on and transfer the 40 sts onto a 3.75mm straight needle. Now divide the sts onto two needles (20 sts on one needle, 20 sts on another needle). Hold the two needles parallel in your left hand with the WS facing each other, RS facing outwards (see photo opposite).

20 sts on each needle



Cut a length of grey yarn (approx 1 metre long), thread onto a darning needle, and use kitchener stitch grafting to join these sts together to close the top of the body.

Then sew together the remaining open edges around the body and trunk, adding stuffing as you sew.



Ears: Note that the cast on edge is the outer edge of the semi-circular ear. Sew the side edge of each ear onto the side of the body, in line with the front legs.

Tusks: Note that the cast off sts are the tip of the tusk. Sew the side edges of the tusk piece together, and sew the cast on edge onto the side of the elephant just behind the trunk. I have not added stuffing to my tusks, but you can add a little if you wish.

Tail: Sew one end of the i-cord tail onto the back of the body.

Back



Eyes: Cut two circles of white felt fabric (approx 11mm diameter), and sew the black buttons on top of these felt pieces onto the side of the elephant.

Label template

Hello, my name is

.....

Made by:

.....

About *brainstrust*

***brainstrust* is a UK based brain tumour support charity. We know that when people hear the words 'you have a brain tumour' they need support from people who not only understand the fear, but also how best to overcome it.**

We provide personal 24/7 support from the point of diagnosis onwards, and build resources that help people with a brain tumour become stronger. We also work with hospitals to secure the best care possible for people with the condition. And, because we truly understand, we're able to campaign for the brain tumour community to help solve real issues.

We've helped thousands of people on their brain tumour journey. Thanks to your support we can help even more.

“I rang brainstrust in the middle of the night, about 3am, when I was in a state. I was amazed that someone could care. I think she said 'but you needed me now' and since then that is the only thing I have ever felt from this charity – love support, friendship and care.”

Sarah

For more information:

email hello@brainstrust.org.uk,

call **01983 292 405**,

visit www.brainstrust.org.uk

or follow us on

 twitter.com/brainstrust and

 facebook.com/brainstrust

With thanks to Amanda Berry for allowing us to use the pattern for this project.

