

Otley Parish Church

knit & natter

What do we do? Well, we knit (or crochet) and natter!

The Otley Parish Church Knit and Natter group attracts those new to knitting or wanting to learn to knit as well as those who have knitted all their lives. There are others who knit squares for charity and



those who create intricate garments. There is always someone attending who can help decipher a pattern, teach a new technique or pick up a dropped stitch.

Knitting has experienced a renaissance over the last decade, with 'celebrities' from Meryl Streep to Andrew 'Freddie' Flintoff admitting that they knit. Beautiful yarns and imaginative patterns have helped to shake off the purely utilitarian styles of my childhood!

Knitting is also recognised to have health benefits: the repetitive, rhythmic activity aids serotonin release which causes feelings of

happiness and calm. This is good for both mental health and chronic pain. Soldiers in World War I who were suffering from 'shell shock' were taught to knit to aid their recovery. It used to be said that if you developed arthritis in your hands you should stop knitting – but not anymore. In fact, the opposite might be the case. Knitting can prevent arthritis and tendinitis by encouraging strength and cartilage development. Knitting and crocheting can also delay the onset of dementia. One study found that those who took part in craft activities were less likely to suffer from mild impairment.

So, what is stopping you? Come and join us. Discover or develop your creativity. You will be most welcome.

We meet on the second Saturday of each month from 10am to 12 noon in the Parish Room Cafe.

Jo Briscoe



Otley Parish
CHURCH