



# METANOIA SNOOD

*by Georgia Farrell*

## FINISHED MEASUREMENTS

circumference 141cm by 25cm deep

## YARN

West Yorkshire Spinners - Re:treat Chunky  
Mind (714) 3 x 100g

## MATERIALS

6.5mm (US 10.5/UK 3) 100cm circular needle

## TENSION

14 sts and 24 rows to 10cm measured over moss stitch using 6.5mm needles or size needed to achieve stated tension.

**VERY IMPORTANT - IT IS ESSENTIAL TO WORK TO THE STATED TENSION TO ENSURE SUCCESS.**

## SNOOD

Using 6.5mm circular needle, cast on 198 sts.

**Row 1 (RS):** \*K1, p1, rep from \* to end.

**Row 2:** \*P1, k1, rep from \* to end.

These 2 rows form moss-st.

Cont in moss-st until work measures 25cm, ending with RS facing for next row.

Cast off in moss-st.

## MAKING UP

Weave in any loose ends and block to finished measurements.

Sew row end edges together to form a loop.

## SKILL LEVEL

● ○ ○ ○ ○

# HEARTS AND MIND

*Promoting better mental health with Re:treat.*

Having long championed the positive benefits of knitting on health and happiness, West Yorkshire Spinners is delighted to be partnering with national mental health charity, Mind, in the launch of our Re:treat yarn.

Re:treat was developed with well-being in mind. The yarn has a silky smooth finish that slides easily off the needle for a relaxing experience that helps knitters unwind. In 11 calming and uplifting tones and two marled colourways, Re:treat helps crafters create a little stress-free oasis where they can enjoy making something beautiful.

We're donating 50 pence to Mind for every kilo of Re:treat yarn sold so our knitters will also be helping to support this wonderful charity whose mission is provide advice and support to those with a mental health problem. Mind also campaigns to improve services, raise awareness and promote understanding, as well as research.

Mind's tips for maintaining a positive wellbeing include taking time for yourself, doing something you enjoy and find relaxing. Crafting ticks all of those boxes and many studies have shown a positive link between knitting and good mental health. Research has also highlighted clinical benefits too, such as reducing depression and anxiety, and slowing the onset of dementia.

If you would like to donate or find out more, please visit <https://www.mind.org.uk/>



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Please note that all quantities in this book are based on average usage and therefore are approximate. We cannot accept responsibility for the finished garment if any other yarn than the one specified is used.

Although every effort had been made to ensure that instructions are correct, West Yorkshire Spinners cannot accept any liabilities. Owing to photography and printing restrictions the colour reproduction is matched as closely as possible to the yarn.