
knitmed
Knit. Create. Live Better.
THERAPEUTIC
CERTIFIED SUSTAINABLE
VEGAN
CRAFTING FOR MENTAL HEALTH



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THERAPEUTIC

CERTIFIED SUSTAINABLE

V

VEGAN

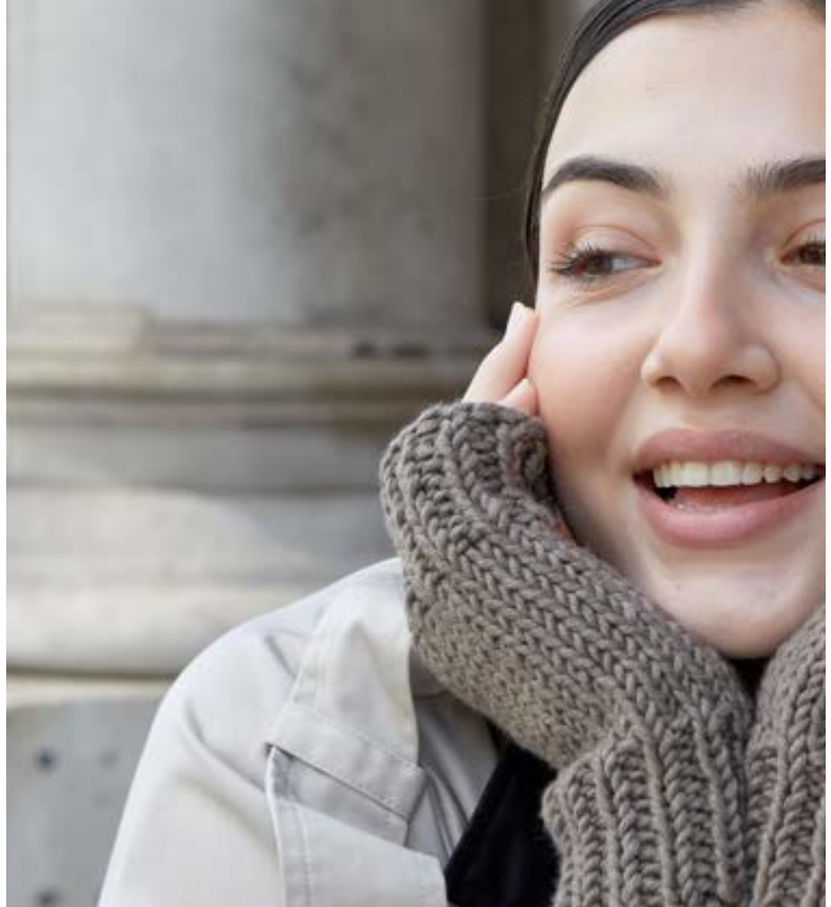
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CRAFTING FOR MENTAL HEALTH

About Us

Welcome to the home of therapeutic knitting, this is the space where knitting and wellbeing merge. Knit your way into a new state of mind as you let the rhythmic motion of learning to knit help you find your calm.

Knitmed was founded in the height of the pandemic, where being stuck indoors affected the wellbeing of the nation. We saw the need to share the wonderful benefits and joy of learning to knit, and let it empower people to knit their way towards a better headspace.





Our knitting kits are beginner friendly and designed to ease the mind through the relaxing repetitive motion of learning to knit. Inside, you'll find everything you need to knit not only a beautifully hand-made item, but also a happier headspace.

We're passionate about providing a space where the many wonderful benefits knitting can bring are accessible to everyone, while ensuring that we're doing the right thing by the planet along the way.

Knitting Is For Everyone

Our knitting kits are all gender neutral, vegan and size inclusive. Whether you're a knitting newbie, seasoned professional or an employer looking to give your team a boost, our kits are formulated to help you knit yourself into a better headspace. All you need to do is pick up your kit, stretch and relax.

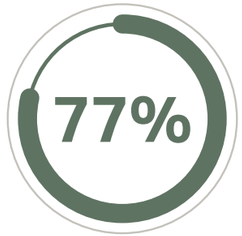
*Sample size of 1232 (KANTAR 2021)



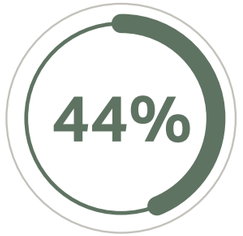
People 16-24 have used hand knitting and crochet for anxiety.



People 25-34 have used hand knitting and crochet for depression.



All dementia sufferers use hand knitting and crochet for their condition.



16-24 year olds compared to 7% of 35-44 year olds and 12% of 45-54 year olds use hand knitting and crochet for loneliness.



All people who suffer from anxiety have never tried knitting or crochet as a form of therapy.



All people who suffer from depression have never tried knitting or crochet as a form of therapy.

Materials

Bamboo Needles

These needles are made from sustainable bamboo, which are lightweight and easy to use. They may gradually warp to the shape of your hands depending on your knitting style.



Yarns

The yarns in your kit are sustainable, vegan and environmentally friendly. They are certified OekoTex®, which means they are kind to people and the planet.

Colours

The colours are chosen so that anyone can enjoy them, which is why they are gender-neutral and in calming shades.



Blossom Rose



Vitamin Orange



Floral Pink



Sunset Orange



Radiant Red



Sunshine Yellow



Solar Orange



Jasmine Green



Grass Green



Twilight Blue



Pearl Grey



Natural Brown



Mountain Green



Moonlight Purple



Misty Grey

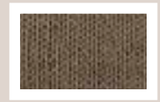
Seashell White



Ocean Blue



Meadow Purple



Earth Brown



Rock Blue



Stardust Purple



Saddle Brown





OUR PRODUCTS

- T THERAPEUTIC
- CERTIFIED SUSTAINABLE
- V VEGAN
- MH CRAFTING FOR MENTAL HEALTH









GLOVE LOVE

FINGERLESS GLOVES KNITTING KIT

EASY LEVEL





SCARVES FOR DAYS

SCARF KNITTING KIT

BEGINNER LEVEL





NAPTIME

EYE MASK KNITTING KIT

EASY LEVEL





BEANIES FOR DAYS

BEANIE HAT KNITTING KIT

INTERMEDIATE LEVEL





WORK IT

SWEATBAND HEAD & WRISTBAND KNITTING KIT

EASY LEVEL





SUPER SNOOD

SNOOD KNITTING KIT

EASY LEVEL





HOT STUFF

HOT WATER BOTTLE COVER KNITTING KIT

EASY LEVEL



ACCESSORIES



Please email us for more information.



VISUAL MERCHANDISING



VISUAL MERCHANDISING - GONDOLA

Please email us for more information.



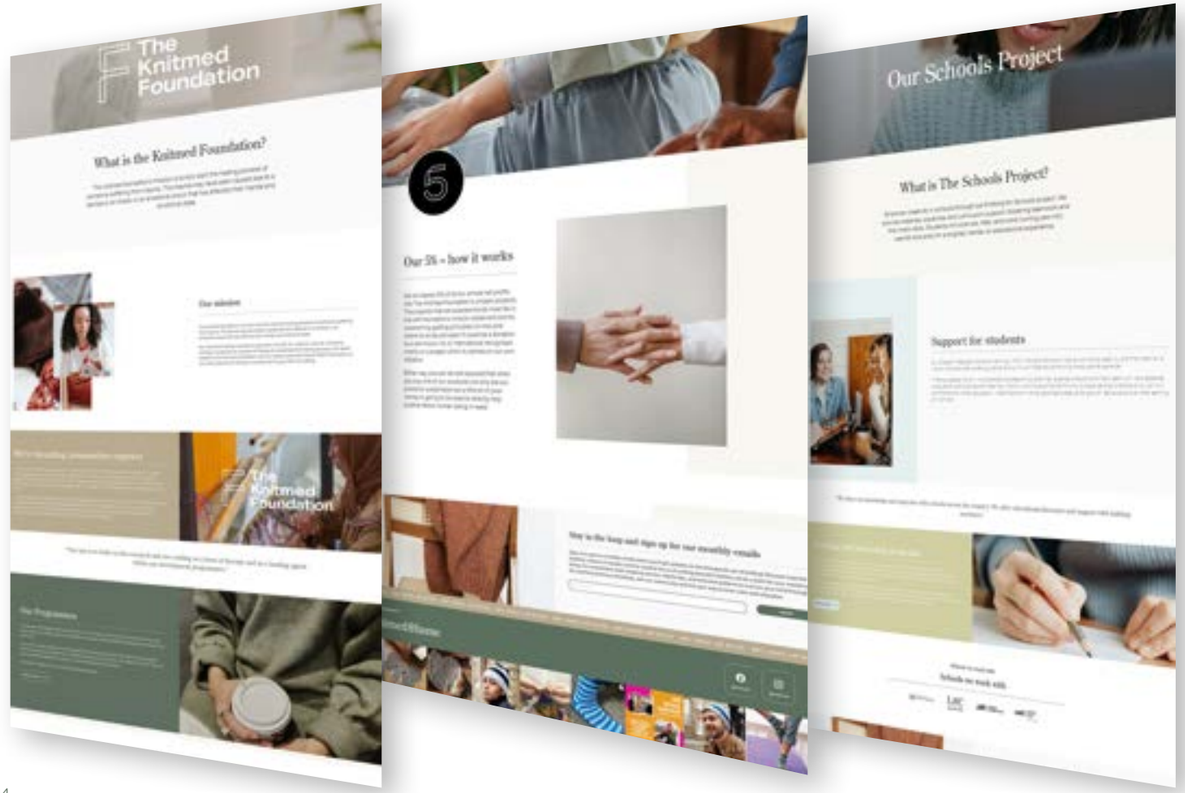
VISUAL MERCHANDISING - COUNTER DISPLAY

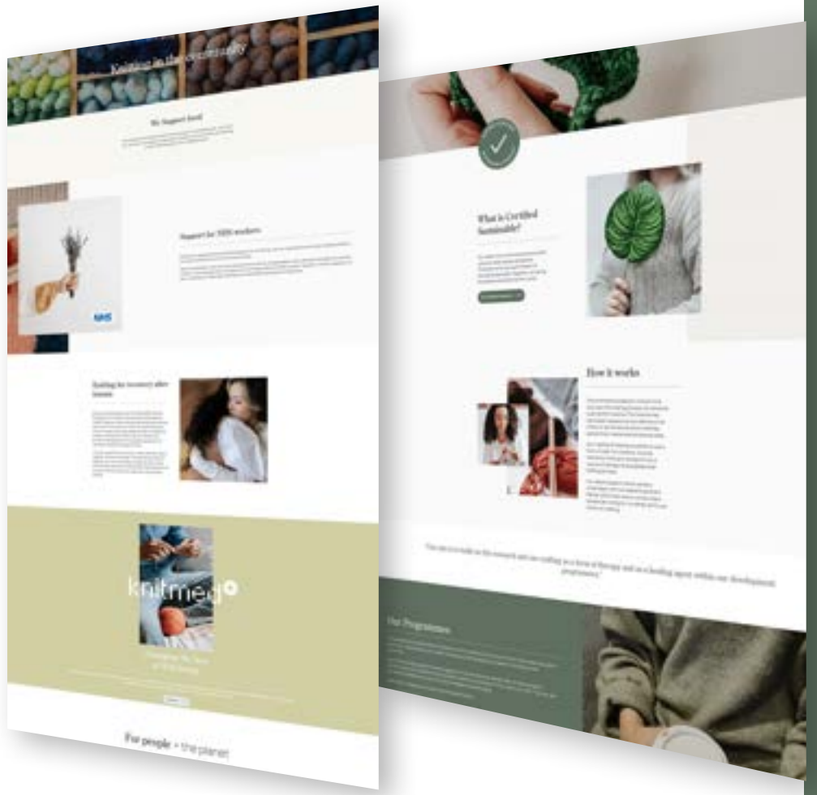
Please email us for more information.



OUR COMMITMENTS







ESG

We're leading the way towards a happier headspace and a healthier environment. Knitmed ensure that everyone we work with is Certified Sustainable, which means that our suppliers undergo rigorous scrutinisation to ensure that they meet our standards. This is our promise to you to make sure we can knit a better space for everyone.

We ask the difficult questions that people don't want to ask, to make sure that our suppliers and everyone we work with is treated fairly and has access to adequate working conditions.

We only use sustainable and biodegradable materials to create our kits, our suppliers are vetted to the highest standards, and anyone we work with is paid a fair living wage.

For people + the planet

FUTURE-FRIENDLY

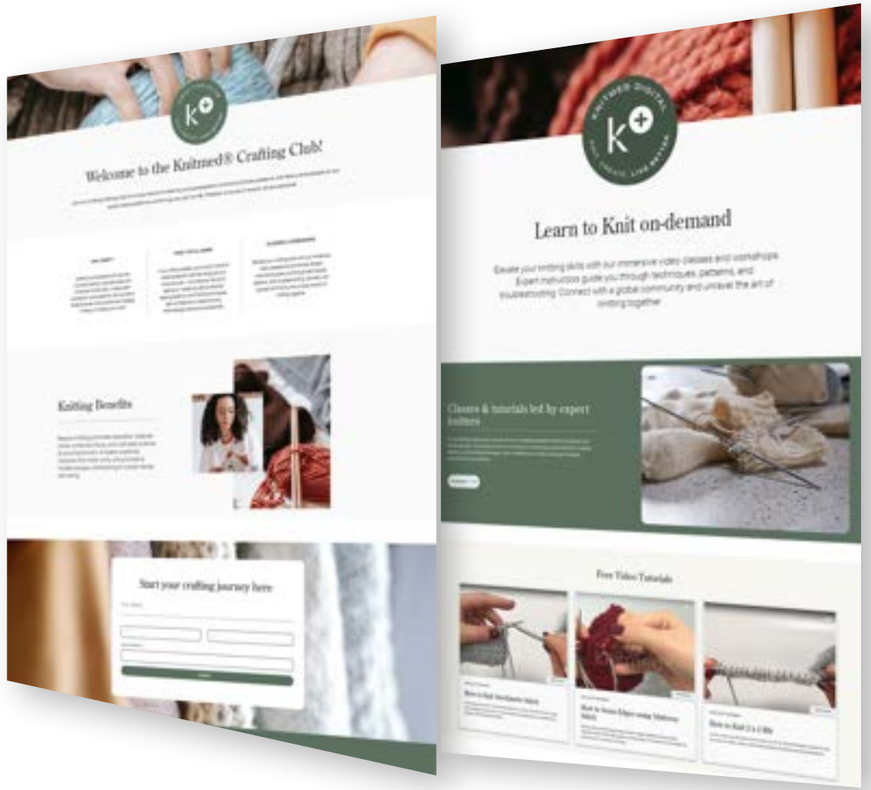
Sustainable yarn, eco-patterns, and creativity.

MED-CYCLE®

Knitting & Crafting Therapeutic stitches for well-being.

SUPPORTING NHS

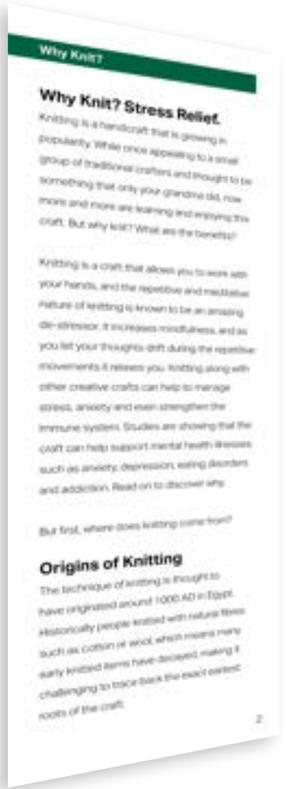
Join our crafting community for support and inspiration.



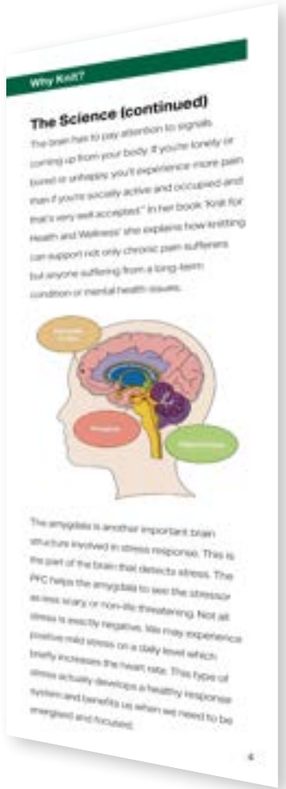
Why Knit?

Discover the many wonderful benefits of knitting and explore the positive impact it can have on your overall well-being. Our Why Knit booklet covers the multitude of positive health benefits found to be associated with knitting and delves into the science behind the research. Get your copy for the perfect spot of bedtime reading.











Institutions we work with...



KNITMED CERTIFIED SUSTAINABLE PRODUCT

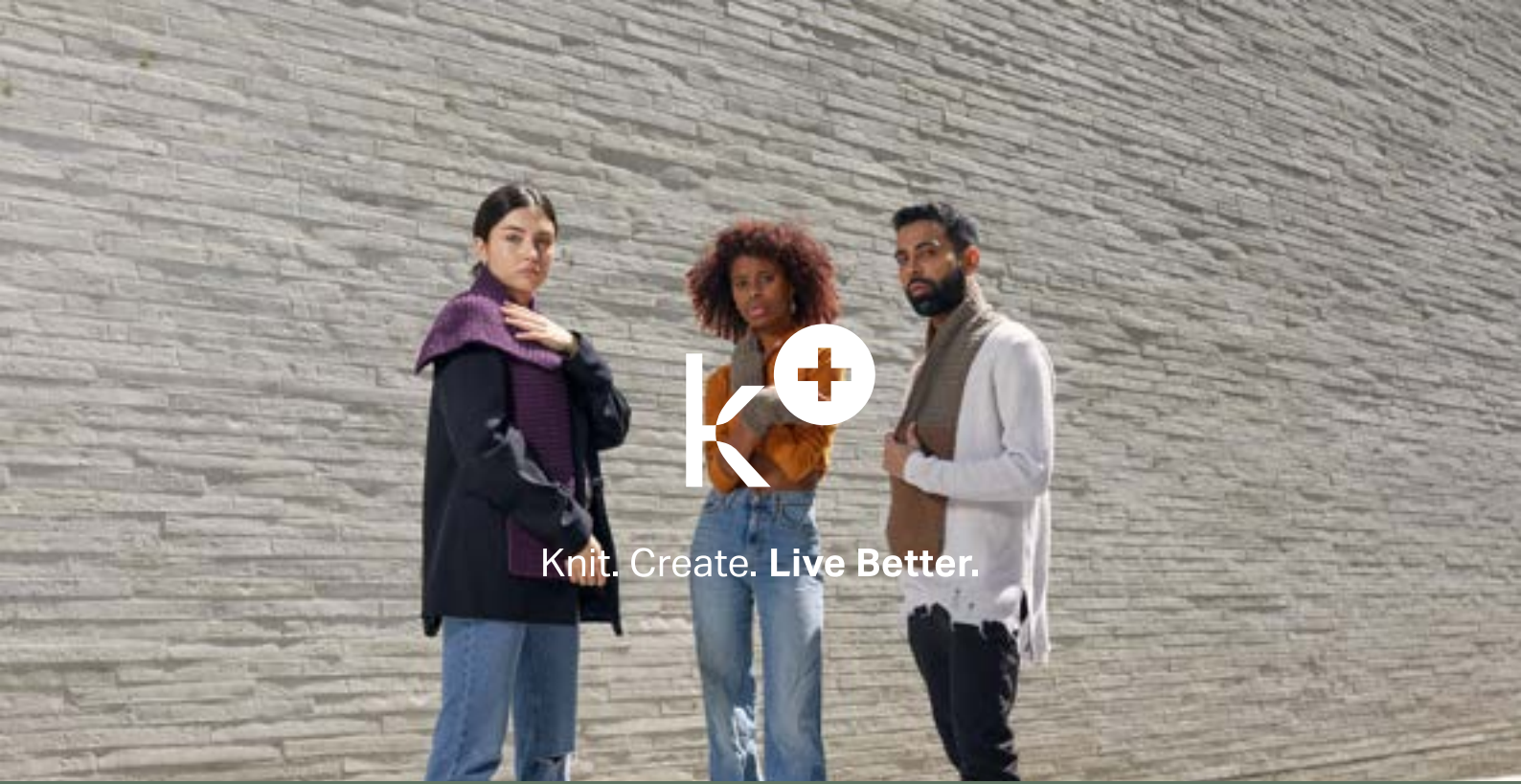
THIS PRODUCT IS CERTIFIED SUSTAINABLE FOR REDUCED ENVIRONMENTAL IMPACT IN ACCORDANCE WITH OUR CORPORATE SUSTAINABILITY FRAMEWORK.



I AM VEGAN

PLEASE REMEMBER TO RECYCLE

FSC



Follow us **@knitmedofficial** and share
your creations using **#knitmed**
Visit us online at **knitmed.co.uk**

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